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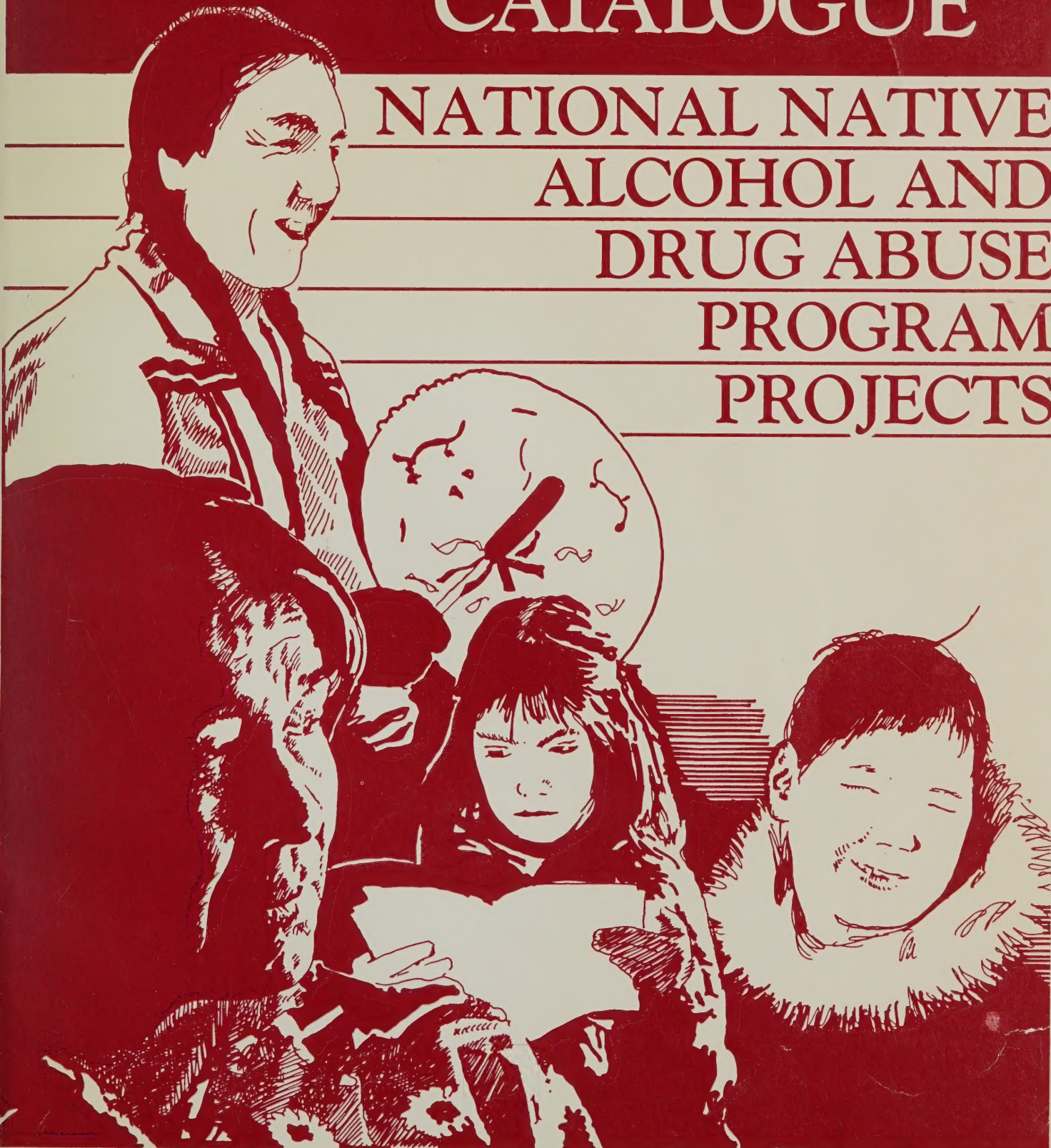
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COMMUNITY RESOURCE CATALOGUE

NATIONAL NATIVE ALCOHOL AND DRUG ABUSE PROGRAM PROJECTS



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23

NATIONAL NATIVE ALCOHOL
AND DRUG ABUSE PROJECTS

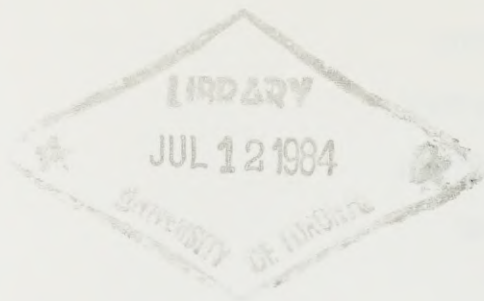
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contre l'abus de l'alcool et des drogues
chez les autochtones"



INTRODUCTION

The destructive effects of alcohol and drug abuse have become a source of major concern to Canada's native people today. The National Native Alcohol and Drug Abuse Program (NNADAP), represents the Federal government's response to this concern.

In general, the objective of the Program is to arrest the negative social, psychological and physical effects of alcohol and drug abuse by providing funds to Indian and Inuit groups and communities to enable them to undertake projects aimed at the prevention, treatment and rehabilitative aspects of such abuse.

The activities of the current NNADAP program include non-medical treatment services (post-detoxication primary care

and counselling which focuses on social and cultural rehabilitation), prevention and maintenance activities (including professional and para-professional counselling), and related support activities such as training, research and development, organizational support and capital.

One of the important components of the program is the emphasis on the understanding that the development and implementation of specific strategies to combat alcohol and drug abuse rests with the native communities themselves.

The projects outlined in the following pages represent a brief description of the various approaches to the problem.

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British Columbia Region



STUART TREMBLEUR ALCOHOL PROJECT

When the salmon runs up Tache River, families of the Stuart Trembleur Band in central B.C. get the fish that will keep them going for part of the winter. About 600 band members live in five communities around Stuart Lake and the Tache River.

Vincent Joseph and Nancy Tom work as the alcohol and drug counsellors for the communities of Portage, Pinche, Tache, Grande Rapids and Middle River.

They have a crisis line operated by trained volunteers for 24 hours a day to answer band members in stressful situations. Vincent and Nancy also provide family counselling and individual counselling--travelling to the different communities and visiting people in their homes. Band members also drop by the office to talk about alcohol or drug use.

In their attempts to prevent alcohol and drug dependency, Nancy and Vincent hold community awareness workshops, showing films and holding discussions about the damaging effects.

Vincent likes to organize sports activities for adults and teenagers in the communities, and Nancy has set up two women's groups. To which all women are invited to get together and share their experiences and common problems. And another where women who are battered get together, giving each other support and trying to come to terms with this crisis in their lives.

For further information:

Vincent Joseph
Stuart Trembleur Alcohol Project
Stuart Trembleur Road
Box 670
Fort St. James, British Columbia
V0J 1P0
504-648-3212

BELLA COOLA DRUG AND ALCOHOL PROGRAM

Bella Coola band members live in a valley that stretches for 40 miles, completely surrounded by mountains. It's a six-hour trip by fish boat to the ocean along Dean Channel, and 300 air miles to Vancouver.

More than 800 band members live in this fresh peaceful valley. Eliza Saunders was born and raised here, and has been the band's alcohol and drug prevention worker for about five years. Warren Snow started as a counsellor this year.

Together they concentrate on organizing community activities and educational workshops to make band members more aware of the harmful effects of drinking and using drugs. Bella Coola is a basketball community and the counsellors help

organize teams and games, providing the young people with healthy recreation in their leisure time.

They also send band members the 600 miles to Round Lake for treatment of alcohol and drug addictions when this is wanted and needed. Eliza says they try to give a lot of support to these people when they return from treatment.

For further information:

Eliza Saunders
Bella Coola Drug and Alcohol Program
Bella Coola Indian Band
P.O. Box 65
Bella Coola, British Columbia
V0T 1C0
604-799-5525

NANAIMO - Q'PUTHET UNWINUS

Most children of the Nanaimo Band have considered whether they would rather be a raven or a seal. It's one of the first questions Kay George asks them when she teaches them about their native culture and alcohol and drug problems. Most would like to be the strong attractive raven until she reminds them that the raven copies others, while the seal is original and always its own self.

Kay is trying to bring good health and sobriety back into the lives of her people in a similar indirect but effective way.

Kay and Barney Williams, the band's alcohol and drug counsellors, are working with the elders to bring back the Nanaimo native culture to the people. They believe that when people understand their culture and know who they are many of the problems that cause drinking and drug use will not be there and when they start practicing their own customs and cultural ways which don't include drinking or taking drugs, they will want to stop drinking and drug habits.

Elders are very active in this community of 370 people on Vancouver Island. They teach the native language to children and older people; take young people from the school to the long house; teach them songs and dances, and many things about their history and cultural values.

While reviving the culture is the main activity of the alcohol and drug program here, Kay and Barney also do quite a lot of counselling in the homes of families experiencing troubles caused by someone drinking or using drugs.

For further information:

Kay George
Nanaimo - Q'puthet Unwinus
Nanaimo Band
1145 Totem Road
Nanaimo, British Columbia
V9R 1H1
604-753-9644

NAUTLEY DRUG AND ALCOHOL COUNSELLING

A dream of Tommy George is just starting to take shape. In 1979 he started talking about having a treatment centre at his reserve of Fort Fraser, at the east end of Fraser Lake, about 100 miles west of Prince George in central B.C.. This summer a crew did renovations to the annex of the old residential school, and this fall fund-raising started, to set up the treatment centre here.

Tommy is the alcohol and drug counselor for the Fraser Lake Band's 209 population. And while the treatment centre is his pet project, Tommy keeps very busy organizing sports and recreation activities as a way of preventing alcohol and drug use.

He also makes himself available to families and individuals wanting to discuss ways of dealing with alcohol or drug problems.

For further information:

Tommy George
Nautley Drug and Alcohol Counselling
Fraser Lake Indian Band
P.O. Box 36
Fort Fraser, British Columbia
V0J 1N0
604-690-7540

LAX KW'ALAAMS ALCOHOL AND DRUG ABUSE PROGRAM

At the most northern point on the B.C. coast, Betty Reese and Sherri Haldane bring the Lax Kw'alaams Alcohol and Drug Abuse Program to the 900 members of the Port Simpson Band.

These workers are trying to stop alcohol and drug abuse among the community's young people before it gets out of hand. To do this they teach three guidance classes at the school once a week; discussing alcohol and drug effects with the kids and showing them films and videos. They also work on organizing activities for the young people that are good and enjoyable at the same time. A new recreation centre on the reserve that has a gym fitness room certainly helps in this effort.

Betty says band members call into their office in the Band council building to talk over problems related to alcohol and drug use, and interest in the A.A., Alateen, and Alanon meetings is growing.

For further information:

Betty Reese
Lax Kw'alaams Alcohol and
Drug Abuse Program
Port Simpson Band Council
P.O. Box 992
Port Simpson, British Columbia
V0V 1H0
604-625-3293

SQUAMISH INDIAN BAND ALCOHOL AND DRUG PROGRAM

Across the Lion's Gate Bridge from Vancouver, about 900 members of the Squamish Indian live on the three reserves of Mission, Capilano and Berrard. And 45 miles north of here in Upper Squamish there are six more small band reserves within a 10-mile radius.

Robert Yelton and Nadine Gonzales cover the whole area as alcohol and drug counsellors for the band's new program. Twice a week they make the trip to Upper Squamish and spend the day meeting with anyone wanting to discuss alcohol or drug problems; working with community leaders and people providing other health services to the communities, and holding film and discussion events for anyone interested in learning more about the physical and mental effects of alcohol and drug abuse.

Other days are spent in the North Vancouver area doing the same kind of work. The counsellors encourage those wanting to quit drinking to go for help at one of the treatment centres in the area. Plans for the program include setting up a place where people going for treatment can stay while they are waiting for a vacancy in one of the busy centres. Plans also include a drop-in centre from which Robert and Nadine could work and band members could call for discussions.

For further information:

Robert Yelton
Squamish Indian Band Alcohol and Drug
Abuse Program
Squamish Indian Band
P.O. Box 86131
North Vancouver, British Columbia
V7L 4J5
604-985-7711

MT. TZOUHALEM NATIVE ALCOHOL AND DRUG ABUSE PROGRAM

In southern Vancouver Island about 1500 members of the Cowichan band live on the reserve and scattered in and around the town of Duncan. The main industries that provide work for native people are reforestation, fishing and logging.

Edna Phillips, Rose Canute and Terry Daniels work on the drug and alcohol program here, that has been operating for about seven years. Some aspects of the program are well rooted in these communities. Strong A.A. groups exist, regular community alcohol and drug awareness workshops continue, and counselling is quite extensive with individuals on a one to one basis, families, and groups. The counsellors have also established school workshops, discussing alcohol and drug abuse with the children.

Organizing "dry" activities is one part of the program the counsellors have been developing this year -- providing social functions like pot luck suppers, picnics, dances, softball games, and visits to alcohol and drug prevention activities at other reserves. A volunteer group has been set up to organize these socials, and a drop-in centre just being renovated should add to these activities.

Another new event is an afternoon parenting group, which is open to anyone interested in discussing such things child-rearing, nutrition and budgeting.

Edna Phillips, program coordinator, says weekly meetings with all the people working in services for band members is extremely helpful to them. These meetings eliminate overlapping of services and the groups work on solving problems together.

For further information:

Edna Phillips
Mt. Tzouhalem Native Alcohol and Drug
Abuse Program
Cowichan Indian Band
P.O. Box 880
Duncan, British Columbia
V9L 1M2
604-748-1141

SMBAAL ("EVERYBODY TRY IT")

Three radio phones connect the Hartley Bay Band of about 300 people with the rest of world. An isolated fishing village on the west coast about 90 miles south of Prince Rupert, Hartley Bay is accessible only by seaplane or boat.

Barbara Barton grew up here, and has spent the last year getting an alcohol and drug program established in the community, with help from the band council and a special committee interested in helping the project get off on the right footing.

The first goal has been to get the whole community better informed about the immediate and long-range effects of alcohol and drug use. To do this, Barbara has been showing films and having discussions with all interested band members.

Another phase of the new program is the sessions in the school, that are aimed at making the young people aware of the dangers involved, and telling them of other healthier choices they have in their lives.

Barbara is also available to talk to anyone seeking guidance about alcohol or drug problems.

For further information:

Barbara
Hartley Bay Indian
Hartley Bay, British Columbia
V0V 1A0
Radio N692939

SUGAR CANE ALCOHOL PROGRAM

In a mountain valley at the south end of Williams Lake, about 150 miles north of Prince George, the Sugar Cane Reserve is home for about 250 native people.

This year has seen a great turn around for the people here, with an energetic Chief and Council working with Mary Alphonse, the band's first alcohol and drug counsellor, and with other community leaders, to put a lot of life back into the community.

Projects have been undertaken, creating jobs for band members to the extent that almost everyone is working. This builds self-respect, says Mary, and when people feel better about themselves, they are less inclined to escape into drinking or drug habits.

Over the year Mary has set up a number of workshops, mainly aimed at building self-esteem for adults and children alike. Guests like Alice Klassen from Round Lake, and Martha Many Grey Horses from Lethbridge, Alberta, came to help with the workshops.

A huge inter-tribal A.A. round-up this year at the reserve got everyone in the community involved, including some who were still drinking.

A.A., Alateen, and Alanon groups meet regularly now, and plans for the program include introducing more cultural events and activities.

For further information:

Mary Alphonse
Sugar Cane Alcohol Program
Williams Lake Indian Band
R.R. 3
Sugar Cane
Box 4
Williams Lake, British Columbia
V2G 1M3
604-296-3507

SKIEL MOUNTAIN REVIVAL NATIVE ALCOHOL ABUSE PROGRAM

To Gerry Oleman, Chief of the Seton Lake Indian Band and its alcohol and drug abuse worker, revival means to become what his ancestors were. And this is his hope for the Skiel Mountain Revival Native Alcohol Abuse Program.

About 150 miles northeast of Vancouver, by Seton Lake and Anderson Lake, this semi-isolated community of 290 is moving in that direction, says Gerry.

Since 1976 he has been emphasizing community responsibility in dealing with alcohol and drug problems that affect the whole community, and band members are now responding to that. Reaching the children and young people with knowledge of the dangers to their own health and to their community from drug and alcohol abuse is a priority here. Gerry visits the school giving presentations and also talks to young people privately if they are having problems.

The Chief does a lot of counselling, visiting people at home and talking to them in groups as well.

For further information:

Chief Gerry Oleman
Skiel Mountain Revival Native Alcohol
Abuse Program
Seton Lake Indian Band
General Delivery
Shalalth, British Columbia
V0N 3C0
604-259-8227

**CHEHALIS ALCOHOL
COUNSELLING SERVICES**

Pat Charlie and Eugene Point are off to a great start with the year-old alcohol and drug abuse program for the Chehalis Band, 80 miles east of Vancouver, in a valley close to the Harrison River.

"Interest is really there," says Pat. One of their first events was a non-alcoholic pot luck supper at which 60 of the band's 500 population attended. That success was matched a little later with the first community education workshop on drug and alcohol abuse. Band members not only attended in force but asked when the next one would be. Pat says the new Alateen group is also getting good support.

Pat and Eugene are getting a lot of help from a newly-formed Social Alcohol Action Committee which plans and organizes sober social functions. A commu-

nity centre has opened up in an old school building and more and more people are dropping by to spend leisure time in this alcohol-free space.

The counsellors also show films every couple of weeks and organize trips to other communities so band members can see the positive things others are doing about alcohol and drug abuse in their communities.

For further information:

Patricia Charlie
Chehalis Alcohol Counselling Services
Chehalis Indian Band
Comp 66, Chehalis Road
R.R. 1, Agassiz, British Columbia
V0M 1A0
604-796-2116

**SPALLUMCHEEN ALTERNATE
PROGRAM**

At the north end of the Okanagan Valley, between Salmon Arm and Vernon, 350 members of the Spallumcheen Band live in the province's orchard belt.

Allan McGee started working as the band's alcohol and drug counsellor in June and has to set up a recovery home for band members preparing to go to a treatment centre, so that they can know what to expect. Afterwards they can stay at the house while adjusting for their return to the community.

Allan says A.A. is a predominant part of the program here. A 12-step group has been set up which follows the A.A. philosophy and guidelines, and Alanon and Alateen groups were also started this year.

For further information:

Allan McGee
Spallumcheen Alternate Program
spallumcheen Indian Band
Box 430
Enderby, British Columbia
V0E 1V0
604-838-6496

**DIM NADALIQUE NATIVE
ALCOHOL ABUSE PROGRAM**

The Gitskan and Carrier people, numbering about 5800, live in more than a dozen communities spread over 22000 square miles in northwest B.C., along the lower valleys of the Skeena and Buckley Rivers. Forestry is the main industry in the area, along with fishing, mining and agriculture.

The Gitskan-Carrier Tribal Council unites these communities and provides the Dim Nadalique Alcohol abuse program for all the native people living here. Five counsellors cover the communities of Hazelton, Gitanmaax, Two

Mile, Sik-A-Doak, Anspayaxw, Kispiox Valley, Tse-Kya, New Hazelton, 'Kyah-Wiget, South Hazelton, Gitsegukla, Gitwangak, Gitlusek' and Gitanyaw.

John Leblanc, Isabel Muldoe, Henry Michel and Emsley Morgan get in touch with families and individuals having problems with alcohol and drugs and offer their help, counselling and arranging for special treatment if this is needed and wanted. The program also has four beds reserved for detoxification at the hospital in Hazelton.

John, the program coordinator, says there has been a special emphasis this year on making people more aware of the effects of alcohol and drugs. Project workers have set up workshops in the different communities, showing films and videos, giving presentations, and having discussions.

John says cultural awareness is growing in the communities, and this is encouraged and supported by the alcohol and drug workers, who find it goes hand in hand with self-respect and good health.

For further information:

John Leblanc
Dim Nadalique Native Alcohol
Abuse Program
Gitskan-Carrier Tribal Council
P.O. Box 69
Hazelton, British Columbia
V0J 1Y0
604-842-5916

KITKATLA DRUG AND ALCOHOL ABUSE PROGRAM

On a small island off the west coast of northern B.C., south of Porcher Island, the isolated Kitkatla band of 486 people live. Boat, seaplane and one radio phone connect this Coast Tsimshian community to the rest of the world.

This year Mathew Hill started setting up a new alcohol and drug prevention program for the band, getting in touch with people affected by alcohol or drugs to see how he could help out, and introducing awareness of the dangers involved to the kids in school and the community as a whole. Immediate plans for the program are to expand in these areas.

For further information:

Mathew Hill
Kitkatla Drug and Alcohol
Abuse Program
Kitkatla Band Council
General Delivery
Kitkatla, British Columbia
V0V 1C0
Radio N692639

TAKLA ALCOHOL ABUSE PROGRAM

In the northern interior of B.C., right on Takla Lake, the isolated Takla Lake band started its first alcohol and drug prevention program this year. The band council wants the program to help the 300 band members learn more about all the effects of alcohol and drug abuse so that everyone will be discouraged from getting into drinking or drug habits.

Children are a special concern of the band council, which has asked that the new alcohol and drug counsellor talk to them and show them films about drugs and alcohol, as well as guide them in healthier directions during their leisure time. They also ask that respect for elders be part of what is taught to the young people here.

It is believed that participation in cultural activities will lead people to healthier Indian living, so plans for the new program also include getting the elders to tell stories and help with dancing, singing and other cultural events.

For further information:

Takla Lake Band
Takla Landing, British Columbia
V0J 2T0
Radio N692244

KOOTENAY INDIAN COUNCIL RECOVERY HOME

As the Kootenay River flows along the Kootenay Valley in southeast B.C., it links the five native communities of Columbia Lake, Lower Kootenay, St. Mary's, Shuswap and Tobacco Plains. These communities also share an alcohol abuse prevention program under the Kootenay Indian Area Council.

Howard Michel and Mary Basil work on the program, organizing sports and recreation activities in the different communities to keep people occupied in healthy pastimes. They also travel throughout the reserves, visiting families and trying to help with troubles that arise because of drinking or drug abuse. They work closely with a new recovery home close by in Creston, and the Crisis Centre in Cranbrook.

An A.A. group has been set up where people trying to stay sober can give each other encouragement. Howard and Mary try to stop drinking and drug problems before they get out of hand by holding educational workshops in the different communities to which everyone is invited to watch films and take part in discussions about the physical, mental and spiritual effects that alcohol and drugs have on a person.

For further information:

Howard Michel
Kootenay Alcohol Abuse Program
Site 15, Mission Road S.S. 1
Cranbrook, British Columbia
VIC 4H4
604-489-2464

HASSIIPGUM AN AKS PROGRAM

In a mountainous and forested area in northwest B.C., the villages of Kincolith, Greenville, Canyon City, and New Aiyansh sit along the Nass River, as it flows between Prince Rupert and Hazelton.

These communities are part of the Gitlakdamix Band Council's alcohol and drug abuse prevention program. Gary Davis and Faith Robinson have directed many of the program activities to young people in these communities -- trying to make them aware of their native culture and how alcohol and drug abuse break down native communities, families and the individuals well-being.

This summer they organized a camp where in the wilderness setting the young people learned survival skills; and things about their native history, culture and traditions.

Gary and Faith work to make everyone in the communities more aware of the dangers of alcohol and drug abuse through educational workshops and by talking privately to individuals and families.

For further information:

Gary Davis
Hassiipgum An Aks Program
Gitlakdamix Band Council
Skatteen Avenue
New Aiyansh, British Columbia
V0 1A0
604-633-2215

SAANICH PENINSULA DRUG AND ALCOHOL PROGRAM

Samuel Sam is hoping to run himself out of a job in a few years. As the coordinator of the drug and alcohol program for the Saanich Tribal Council, he's looking to the day when these communities around Victoria will no longer need alcohol and drug workers.

Joyce Underwood and John Sam are also working toward that goal for the four communities that make up the Council and other surrounding communities that don't have their own alcohol and drug programs. In total they cover a population of close to 2000.

Native spirituality is a strong force in the program these people have developed. Many go through the long house ceremony, to cleanse the body, mind and spirit. Indian medicines and foods are used to build back the body from the effects of alcohol or drugs. And from this there is a sense of rebirth, or a new chance to remake his or her life. This is a process that usually takes about three months.

A sweat lodge is also being used as treatment for those trying to get out of drinking and drug habits. Samuel says one of the band's young people became interested in the sweat lodge and how it was used, and they asked an elder from Alberta to come and show them how to use it properly.

Joyce is mainly involved with the A.A. groups, organizing meetings in the different communities and guiding the Alanon and Alateen groups.

John spends most of his time working with the young people, in fact there is a drop-in centre for youth in the basement of his house. During the summer months he helps them train for the canoe races. And in the fall and winter, that good relationship continues in the schools, where he teaches them about the effects of alcohol and drug use.

For further information:

Samuel Sam
Saanich Peninsula Drug and
Alcohol Program
Saanich Tribal Council
1274 Stelly's Road
Box 85
Brentwood Bay, British Columbia
V0S 1A0
604-652-0660

OKANAGAN SELF HELP PROJECT

At harvest time in the Okanagan fruit belt, Emory Lewis has his hands full, as hundreds of transient people come into his area to pick. Throughout the year as alcohol and drug abuse counsellor he covers the Okanagan Indian Band reserves of Okanagan, Otter Lake, Harris, Priests Valley and Duck Lake. Okanagan is the largest reserve surrounding the head of Okanagan Lake and extending north across the divide between the Fraser and Columbia watersheds, as far south as the Salmon River.

Emory has been the alcohol and drug abuse counsellor for this population of about 1000 since 1977. He says that

over the last couple of years he has been able to see positive changes in his community. People are more aware that alcohol and drug abuse are serious problems and they are supporting non-drinking activities.

The band is fortunate to have the Round Lake Treatment Centre right on the Okanagan reserve, easily accessible to anyone in the area needing assistance in giving up an addiction.

To assist parents, spouses, relatives, and friends of band members with drinking or drug problems, Emory has regular counsellor training workshops where anyone can come to learn some basic counselling skills to help them in dealing with the problems that arise from a person's alcohol or drug dependency.

Emory works quite a lot with young people in the communities, organizing sports activities like baseball, basketball, soccer and hockey so they have enjoyable, healthy ways of spending their free time.

For further information:

Emory Lewis
Okanagan Self-Help Project
Okanagan Indian Band
Site 8, Comp 20
R.R. 7
Vernon, British Columbia
V1T 7Z3
604-542-4328

**SEKANI ALCOHOL
AND DRUG PROGRAM**

Until last year there was no running water or electric light at McLeod Lake Reserve, where about 80 band members live, 1200 miles north from Vancouver on Highway 97, and about 700 miles in the interior of the province from Prince Rupert on the coast.

The Pac and McLeod Rivers pass through the reserve, where in a newly-constructed sub-division the band is putting people into new houses with water and electric light.

A trapping and logging community, McLeod set up its first alcohol and drug prevention program last year. Bernie Chingee's first job was setting up different committees to get the community actively working to create a more comfortable environment for everyone. Since then, a child welfare committee has been established, an elders committee, a recreation committee, and a student education committee. An A.A. group has started as well, and Bernie says there is a great deal of support from band members because people believe in what he's doing.

For further information:

Bernie Chingee
Sekani Alcohol and Drug Program
McLeod Lake Indian Band
General Delivery
McLeod Lake, British Columbia
V0T 2G0
604-562-2171

ALKALI DRUG AND ALCOHOL PROGRAM

Alkali Lake is often held up as a model of what is possible when a community pools its resources and everyone tries hard to improve the way of living for themselves and their neighbors.

Up in north-central B.C., 32 miles southwest of Williams Lake, the band has had an alcohol program for about 10 years, and most of the 300 people living here are sober. After helping a person sober up, the band council and alcohol counselor have tried to find the person a job and provide them with enjoyable alcohol and drug-free social and recreational activities, as well as getting them more actively involved in their community. The council has made this possible by initiating projects that provide jobs and income like the coop store, the market garden, the livestock coop, local construction, and land development projects.

Leslie Peters, the alcohol and drug counselor, says their approach to helping problem drinkers or drug users is to meet with the whole family to discuss the problems and what can be done. A.A. Alanon, and Alateen groups on the reserve also offer support.

There are all sorts of social activities like pow-wows, A.A. round-ups, rodeos, dance groups, a women's club, and four hockey clubs to keep everyone involved in enjoyable and healthy community activities.

For further information:

Leslie Peters
Alkali Drug and Alcohol Program
Alkali Lake Indian Band
General Delivery
Alkali Lake, British Columbia
V0L 1B0
604-440-5611

DAGAANH L TLAAT

Graham Island crowns the Queen Charlotte Island, an eight-hour ferry trip from Vancouver and where, about 650 members of the Masset Band live, mostly fishing for a living.

Since the new community hall opened last summer, things have really turned around for the community and for its seven-year-old alcohol and drug program. The program counsellors had organized sports activities in the town of Masset, but not everyone could get rides into town. Now, volleyball, floor hockey, and badminton are being played right on the reserve.

Counsellors Ray Jones, Wilbur Abrahams, and Yvonne Williams now have a place to show films and invite band members to workshops, where they can learn more about the effects of alcohol and drug abuse. Ray, Wilbur and Yvonne go into the community on home visits to help out families and individuals troubled by drinking and drug use, and

individuals drop by their office as well. This summer they opened up a teen evening drop-in at the tiny tot centre, which is available in the summer months only.

For further information:

Ray Jones
Dagaanhl Tlaat
Masset Band Council
P.O. Box 189
Masset, British Columbia
V0T 1M0
604-626-3947

**CANIM LAKE DRUG AND
ALCOHOL ABUSE PROGRAM**

Ike Daniels believes that native culture can provide the native people with a path back to healthy living and sobriety. In his community of Canim Lake, where he is the alcohol and drug counsellor, weekly spiritual sweats, pow-wows, native singing, drumming and dancing are all activities he encourages people to take part in.

An alcohol program has been in this community of 250 people for close to seven years, and self-help groups like A.A., Alateen and Alanon are well rooted.

Every year now, hundreds of native people come from all over the province to this community 250 miles north of Vancouver for the Canim Lake A.A. Roundup. And band members here make excursions to similar celebrations in other communities, groups often travelling in the band's van.

For further information:

Issac Daniels
Canim Lake Drug and Alcohol
Abuse Program
Canim Lake Band Council
P.O. Box 1030
100 Mile House, British Columbia
V0K 2E0
604-397-2227

**NUU-CHAH-NULTH MOBILE
ALCOHOL COUNSELLOR**

Irene Tatoosh, Philip George and Ray Haiyupis do a lot of travelling, and he even call themselves the mobile alcohol counsellors. They cover 14 communities and more than 4000 people on the west side of Vancouver Island under the Nuuchah-Nulth Tribal Council. Only seven of these communities are accessible by car.

When they first started, the counsellors decided to find out what the people's needs were and what they wanted from an alcohol program. Since then they've been tailoring the program according to that information. Understanding native culture and how alcohol and drugs are not a part of it, is something these workers emphasize through their community workshops and through private and family counselling.

The Tribal Council itself has decided that no alcohol will be tolerated at any of their own meetings or large gatherings. Community leaders in the different villages are starting to set up non-alcoholic activities, through the encouragement of the mobile counsellors.

Irene, Philip and Ray also make arrangements for treatment at Round Lake or Kakawis Centre for anyone who is ready to try and stop drinking or using drugs.

Harry says that working with other community workers like the welfare worker, social worker and health care workers has helped them a great deal.

For further information:

Irene Tatoosh
Nuu-Chah-Nulth Mobile
Alcohol Counsellor
Nuu-Chah-Nulth Tribal Council
P.O. Box 1383
Port Alberni, British Columbia
V1Y 7M1
604-724-5757

For further information:

Harry Dick
Lil'wat Drug and Alcohol Abuse Program
Mount Currie Indian Band
P.O. Box 165
Mount Currie, British Columbia
V0N 2K0
604-894-6515

**LIL'WAT DRUG AND
ALCOHOL ABUSE PROGRAM**

**LAKES DISTRICT CARRIER DRUG
AND ALCOHOL ABUSE PROGRAM**

In a big valley surrounded by mountains, 100 miles inland from the west coast of B.C., the Mount Currie Indian Band lives along Lillooet Lake.

Some days it takes Alec West and Catherine West eight hours to get to work. As counsellors for the Lakes District Carrier Drug and Alcohol Abuse Program, they cover five bands spread over a 200-mile radius in the B.C. interior northwest of Prince George.

For about a year, Harry Dick and Arnold Ritchie have been setting up an alcohol abuse program for the community of about 900 people. During the year they worked in the schools showing films and talking to the young people about drug and alcohol abuse. Now they have a proposal with the board of education for a regular alcohol awareness curriculum.

Burns Lake, Cheslatta, Omineca, and Lake Babine bands all have more than one reserve, with a total population of close to 1000, so Alec and Catherine spend a lot of time on the road.

Education for the whole community has been another activity which they've worked on -- holding workshops emphasizing prevention of abuse, and looking at the serious effects it has on the community.

The program started last November and the counsellors have been bringing educational workshops to the communities, with films and discussions about alcohol and drug effects. They also visit the schools, bringing this information to the young people.

Alec and Catherine visit individuals and families affected by alcohol and drug abuse and have sent some people to Round Lake and Kakawis treatment centres for help in giving up their addiction.

For further information:

Alec West
Lakes District Carrier Drug and Alcohol
Abuse Program
Lake Babine Band
P.O. Box 879
Burns Lake, British Columbia
V0J 1E0
604-692-7555

**CHEMAINUS BAND DRUG
AND ALCOHOL PROGRAM**

A small mountain comes between Kuleet Bay and Shell Beach, where about 500 members of the Chemainus Band live. However, the mountain is no obstacle for Bernard David, who goes back and forth in his work as coordinator of the drug and alcohol program for the two communities situated 53 miles north of Victoria.

The program started last September and is being well accepted in the communities, says Bernard. A crisis phone line is in place here, staffed by volunteers, who take calls from people in distress. And the band's first A.A. group was set up this year. Over the year Bernard has done quite a lot of counselling, calling on people at home and visiting band members in hospital or at court.

For further information:

Bernard David
Chemainus Band Drug and
Alcohol Program
Chemainus Band Council
R.R. 1
Ladysmith, British Columbia
V0R 2E0
604-245-7155

KUPER ISLAND ACTIVITY CENTRE

Martin Modeste says you can live to be 100 years old at his home on Kuper Island, a four-mile ferry ride from Chemainus on Vancouver Island.

Kuper Island is unspoiled, with no pollution, beautiful beaches and lots of green trees. Whether it's this environment, or training for the annual war canoe races that promote long life, Martin is not sure. Many of the 300 Penelakut band members living on the island train hard for the races, women included, and get fit.

As the alcohol and drug prevention worker here, Martin says the war canoe races and other athletic activities like soccer and floor hockey for the boys and girls, mean a lot to people who want to enjoy healthy activities and be sober.

The program here is new and one of Martin's main goals is to reach the youngsters and try to steer them in more healthy directions, through awareness of the dangers of drugs and alcohol and by giving them other things to do. To this end, he is setting up a drop-in centre on

the reserve where the boys and girls can have dances, play ping-pong, darts and just spend time together.

For further information:

Martin Modeste
Kuper Island Activity Centre
Penelakut Band
Box 360
Chemainus, British Columbia
V0R 1K0
604-246-4252

**CHILLIWACK AREA INDIAN COUNCIL
DRUG AND ALCOHOL ABUSE
COUNSELLING PROGRAM**

The Fraser River runs by the 20 villages of the bands that make up the Stó:llo nations. In the farmland belt of the Fraser valley, surrounded by mountains, Aitchelitz, Boothroyd, Boston Bar, Cheam, Hope, Kwaw-Kwaw-Apilt, Lakahahmen, Mataqui, Ohamil, Peters, Popkum, Skawahlook, Skulkayn, Skway, Schowahlie, Squila, Sumas, Tzeachten, Union Bar, Yakweakwioose and Yale make up a total population of close to 2500 people. These bands are small, in fact one of them has only about 20 people living there.

Marianne Williams and John George do a lot of travelling as the alcohol and drug counsellors under the Chilliwack Area Indian Council, which is responsible for all these communities.

Young people have been a focus of attention for Marianne and John who just got the program going this year. One of the main events they organized this year was a native youth conference to which 140 students from the 20 communities were bussed and spent two full days together discussing their concerns and responsibilities in regard to alcohol, solvent, and drug abuse.

John and Marianne have been trying to set up peer counselling for the youth as well. This involves young people helping themselves and each other to better understand problems and eventually solve them.

Marianne says the program is progressing, with people in the communities already asking for more workshops to provide information about alcohol and drug effects. The school district has also asked that they set up regular sessions in the schools. Individuals are also more comfortable now in discussing drinking or drug problems --either their own, a friend's, or a family members -- with the counsellors.

For further information:

Marianne Williams
Chilliwack Area Indian Council Drug
and Alcohol Abuse
Counselling Program
Chilliwack Area Indian Council
P.O. Box 73
Sardis, British Columbia
V0X 1Y0
604-858-3384

TAAWXI LAAS NATIVE ALCOHOL ABUSE PROJECT

From her window, Nancy Jones looks onto beautiful Skidegate Inlet. Around her evergreens flourish-firs, hemlock, and the huge cedars from which the Hyda used to build their canoes. The climate is temperate on Graham Island, 80 miles off the west coast of Prince Rupert in the Queen Charlotte Islands. There was no snow last year. Deer are abundant and the mountains on the island are just one more thing to add to the beauty of this place, where 320 members of the Skidegate Band live.

For six years the band has had an alcohol awareness program and Nancy, the program worker, says she feels it has contributed to the reduction of unnatural deaths on the reserve.

She says there is a good A.A. group here. The community awareness workshops on alcohol and drug abuse, as well as individual and family counselling emphasize cultural identity and spirituality. In the last year Nancy has brought in people from Alkali Lake to talk to her community about what has happened at Alkali Lake, where almost everyone is sober.

Nancy and the other resource people providing different services to band members help each other and work together to figure out the most effective way of solving problems.

For further information:

Nancy Jones
Taaxwi Laas Native Alcohol
Abuse Program
Skiedgate Band Council
R.R 1
Box 27
Skidegate, British Columbia
V0T 1S0
604-559-4496

LYTTON ALCOHOL PROGRAM

Discovering his own native culture and spiritual ways helped Gary Abbot quit drinking. And now, as the alcohol and drug counsellor for his band Gary finds native spirituality and ceremonies are helping others as well.

Gary helps organize local cultural activities, and encourages the band's young people to take part in the gathering, drumming and singing.

Sharon Spinks is the other program worker for the 2000 native people living around the junction of the Fraser and Thompson Rivers, about 170 miles north-east of Vancouver. Sharon and Gary cover the communities of Lytton, Skuppah, Siska, Kanaka Bar, Boothroyd and Cooks Ferry.

Sharon's particular interest is in working with young people in these communities, teaching them about drug and alcohol effects in order that they might avoid using them. She also organizes most of the communities' awareness workshops.

Gary's talents also lie in counselling families, groups and individuals.

Plans for their program include setting up a lodge where individuals going away for treatment can be prepared for this experience. On returning they have a place where they are helped to readjust back into their community.

For further information:

Gary Abbott
Lytton Alcohol Program
Lytton Indian Band
P.O. Box 20
Lytton, British Columbia
V0K 1Z0
604-455-2283

**NIMPKISH YUYATSI ALCOHOL
COUNSELLING AND PREVENTION
PROGRAM**

Every June for 25 years the Nimpkish Band at Alert Bay on northern Vancouver Island has had a huge sports day to which the 600 band members invite those from surrounding communities to compete throughout the day. This June the event had a different atmosphere from past years. For the first time ever, the band council decided to have this grand community celebration free of alcohol.

This is a sign to Emma Alfred and Peggy Svanwick, the alcohol and drug prevention workers here, that their five-year-old program is having an effect on the community.

Over the years Emma and Peggy have recognized the importance of having enjoyable things for people in the community to do that don't involve alcohol or drugs. They organize celebrations that are alcohol-free at Christmas time; set up bingo nights for everyone; hold teen dances which are supervised by elders. A drop-in centre for youth has been set up in the old health centre building.

Community education with films and discussions about alcohol and drug effects is another important part of the program. Emma and Peggy also spend a lot of time counselling families and individuals with alcohol or drug problems.

For further information:

Emma Alfred
Yuyatsi Alcohol Counselling and
Prevention Program
P.O. Box 210
Alert Bay, British Columbia
V0N 1A0
604-974-5522

**SAHHALK COMMUNITY
AWARENESS PROJECT**

When Adams Lake Band had its A.A. round-up this summer, celebrating sobriety with native people from other communities, there were about 15 Adams

Lake band members celebrating their own sobriety, activated with help from the alcohol program here over the last few years.

John Billy is the program coordinator in the Shuway Lake area of southern B.C., and an alcohol and drug committee made up of band members meets with him once a month to plan activities. John also works with other community workers, like the band counsellors, home-school coordinators, welfare worker, doctors, police and probation officers.

Counselling is a large part of John's job and he visits as many homes as time allows. Cultural enrichment is also important here. Soon a cultural log building will be completed and will be used for activities like singing, dancing, drumming and teaching Indian traditions.

For further information:

John Billy
Sahhalk Community Awareness Project
Adams Lake Indian Band
P.O. Box 588
Chase, British Columbia
V0E 1M0
604-679-3209

**LILLOOET ALCOHOL AND
DRUG ABUSE PROGRAM**

Along the Fraser River in the B.C. interior, about 220 miles northeast of Vancouver, seven native communities are linked by the river and by the alcohol and drug abuse program they share.

Rose Machel, Georgina Alec and Francis Diablo are the program counsellors who look after the total population of about 1300 living at Fountain, Pavillion, Tayoosh, Bridge River, D'Arcy and Lillooet.

Stretched over a 90-mile area, the communities have regular workshops on alcohol and drug effects, with films and discussions. Francis concentrates on awareness and counselling for young people in these communities, making school visits to have discussions and show films about alcohol and drugs. Alateen groups have started as well as an A.A. group for young people who want to quit drinking.

The Round Lake Treatment Centre is about 170 miles away and last year 30 different people from this area went for treatment there. Rose, Georgina and Francis try to give a lot of support to these people when they are back in their communities.

For further information:

Rose Machel
Lillooet Alcohol and Drug
Abuse Program
Lillooet District Indian Council
P.O. Box 465
Lillooet, British Columbia
V0K 1V0
604-256-7131

**L'AH TSUTEN ALCOHOL
AND DRUG PROGRAM**

Surrounded by low mountains in the B.C. interior, the Necoslie Band of 600 members is settled on the shore of Stuart Lake.

Albert Prince says it's a good hunting area and most band members provide their own food this way. Logging provides some jobs and local construction creates some employment as well.

Albert is new on the job as the coordinator of the drug and alcohol program that started this year. Youth have been the focus of the young program and Albert plans to continue developing awareness and prevention, directed at the communities' young people.

He is seeking the help of a newly-formed elders society in planning other program activities; also help from other community leaders and those providing services to band members.

A new gym has meant even more activities for an already busy recreation program that organizes softball for the young people all summer and hockey during the winter.

For further information:

Albert Prince
L'Ah Tsuten Alcohol and Drug Program
Necoslie Indian Band
P.O. Box 1329
Fort St. James, British Columbia
V0J 1P0
604-996-8450

OKANAGAN TRIBAL COUNCIL DRUG AND ALCOHOL COUNSELLING PROGRAM

The Okanagan Valley, famous for its orchards and scenic beauty, draws hordes of tourists in the summer months. Here the Chiefs of Penticton, Lower Similkameen, Keromeous, Upper Similkameen and Osoyoos have formed the Okanagan Tribal Council through which they jointly care for their communities' common concerns.

The council runs an alcohol and drug counselling program with Sandy Lezard, Pauline Manuel and Felix Squakin visiting people in their homes to discuss drinking and drug problems. The counsellors have also organized A.A. groups in the communities, where those trying to stay sober can support each other.

The Council and program workers would like to have a half-way house for use by any of the 1000 band members who are going to a treatment centre or returning from one. This is to ensure that they are prepared to go and can make an easy transition back into their community, where they may again face many of the problems that contributed to their drinking or drug use.

Sandy, Pauline and Felix also try to prevent alcohol and drug abuse by letting people know just how dangerous it can be, through awareness workshops in the communities at which they have discussions and show films.

For further information:

Okanagan Tribal Council
Okanagan Tribal Council Drug and
Alcohol Counselling Program
110 - 304 Martin Street
Penticton, British Columbia V2A 5K4
604-493-6651

**TSULQUATE VILLAGE ALCOHOL
COUNSELLING PROGRAM**

You can smell the ocean from Tsulquate Village, at the most northern point of Vancouver Island, where 327 band members live. And once a week you can smell soup cooking at the alcohol awareness centre, where Tom Wallace and Ann Wallace work.

The counsellors have a weekly soup and sandwich friendship social to which about 60 band members usually go. Tom says there are no politics, religion, or lectures about alcohol abuse at the lunch. But it's an opportunity for people to get to know the counsellors in a setting that is comfortable for everyone.

Tom and Ann make private visits to people's homes when alcohol problems arise, and have an open door policy at their office and their own home. They encourage band members to go for treatment, if they are trying to quit drinking or using drugs, and are there to offer support when that person comes back and is trying to stay sober. Weekly A.A.

meetings also help band members who have stopped drinking.

For further information:

Tom Wallace
Tsulquate Village Alcohol
Counselling Program
Tsulquate Village Council
P.O. Box 998
Port Hardy, British Columbia
V0N 2P0
604-949-8131

**SECHELT INDIAN BAND
ALCOHOL ALTERNATIVE PROGRAM**

Ben Pierre is looking after women and children first, as coordinator of the new alcohol alternative program at Sechelt, 50 miles up the west coast of B.C.. About 600 band members live in this fishing and logging community along the Georgia Strait Inlet.

Ben has become involved with the battered women's shelter just outside of Sechelt, and over the summer set up a self-help group where women in the community get together to discuss their common problems and solutions, and give each other support.

The recreation program for young people has really taken off with organized hockey, soccer and baseball. A new community hall opened this summer, and Ben says this should provide the young and older people alike with a wide range of activities.

An A.A. group has started to meet here, and Ben does individual counselling as well, with anyone wanting to talk about their own, a relative's or friend's drinking.

For further information:

Ben Pierre
Sechelt Indian Band Alcohol
Alternative Program
Sechelt Indian Band
P.O. Box 740
Sechelt, British Columbia
V0N 3A0
604-688-3017

**FISH LAKE ALCOHOL
AND DRUG TREATMENT SOCIETY**

For two years, Charlene Belleau and the Chiefs and community leaders of the 42 bands in northeastern B.C. have been working to establish a treatment centre in their region. Charlene is secretary of the Fish Lake Alcohol and Drug Treatment Society, set up to promote the establishment of the centre.

They've started training people from the area to be counsellors, and in communities that don't yet have local alcohol and drug prevention programs, the Society has been setting up workshops to make people more aware of all the effects of alcohol and drug abuse.

For further information:

Charlene Belleau
Fish Lake Alcohol and Drug
Treatment Society
Box 4081
Williams Lake, British Columbia
V2G 2V2
604-398-8964

HEILTSUK BAND ALCOHOL PROGRAM

Summers on beautiful Campbell Island, 350 miles north of Vancouver, are just getting better. This was the third year that Dorothy Walkus and Ray Schooner have organized camping, hiking, canoe trips, and cultural activities for the Heiltsuk Band's 1200 people.

Dorothy and Ray, the alcohol and drug abuse workers for the band, also got the first women's camp going this summer. Teenagers looked after the children, while the women got away.

The counsellors make sure the young people have healthy recreation activities all year round. During the school year they work to make the children more aware of the harm alcohol and drugs can bring, showing them that they have other choices in their lives.

Ray and Dorothy are trying to get a multi-purpose home established in the community that could serve as an emergency shelter for young people and battered women. They've got the house, and are now working on raising the funds to run the shelter.

While children are the program's priority, the counsellors spend quite a lot of time helping families and individuals with problems caused by heavy drinking or drug use. The A.A. group in the community also offers support to anyone trying to stay sober.

For further information:

Dorothy Walkus
Heiltsuk Band Alcohol Program
P.O. Box 880
Waglisla, British Columbia
V0T 1Z0
604-957-2381

HGULDHIET ALCOHOL PROGRAM

Summer is a busy time for Raymond Stewart and Marietta Robinson. The students are back in their home of Kincolith, an isolated village of 461 people, 50 miles north of Prince Rupert. And the alcohol and drug program drop-in centre, where these counsellors work, is full of young people playing table games, pool, ping pong, watching video tapes and talking.

The adults also use the drop-in centre for games and a place to meet where there is no alcohol. Through the centre, band members can learn more about Indian culture taught by elders -- Nass-Gitksan language is taught, as well as oral history, bark and root weaving, and carving.

Raymond and Marietta try to ensure that there are plenty of sports and social activities in which all band members can participate. They counsel individuals and families experiencing difficulties due to drinking or drug use. They try to let everyone in the community know about the dangers of relying on alcohol and drugs by showing them films and holding discussions.

For further information:

Raymond Stewart
Hguldhiyet Alcohol Program
Kincolith Indian Band
Nass Valley
Kincolith, British Columbia
V0V 1B0
604-326-4289

STONEY CREEK ALCOHOL PROGRAM

In a forested valley in the northern interior of B.C. many of the 400 Stoney Creek Band members are preserving their culture and working to instill cultural values and traditional knowledge in the young people.

In this remote community between Nooka Lake and Tachick Lake, 75 miles west of Prince George, an alternative school has been set up for the young people, as well as a summer cultural camp. The elders society here oversees these and other cultural events and activities.

Thomas George has been providing the community with an alcohol and drug prevention program for three years, using the culture and spiritual awareness to lead people back to healthy ways of living. He also tries to prevent alcohol and drug abuse in his community by having workshops about the dangers involved for the young people at school, and for the whole community as well.

For further information:

Thomas George
Stoney Creek Alcohol Program
Stoney Creek Indian Band
Box 1069
Vanderhoof, British Columbia
V0J 3A0
604-567-9293

**DESOLATION SOUND TRIBAL COUNCIL
DRUG AND ALCOHOL AWARENESS
PREVENTION PROJECT**

Two boats ferry on the Georgia Straight from Vancouver to a port called Lund and back everyday. Lund is the port used by members from the Sliammon, Homalco and Klahoose bands living on the coast about 100 miles northwest of Vancouver. Clam digging is a regular source of income here, along with fishing and logging.

Daisy Hill has been an alcohol counsellor for the three bands of about 600 people for six years, under the Desolation Sound

Tribal Council. Having stayed sober herself for nine years, Daisy understands the need for support to those trying to quit drinking or using drugs. A.A. groups are well established in all three communities, in fact, there is an A.A. meeting every night in one or another of the communities.

Jim Wilson started as a counsellor with the program this year. He and Daisy do quite a lot of counselling -- travelling by boat to Squirrel Cove, about half an hour away, and to Church House which is more isolated and about two hours by boat.

When Daisy and Jim think a person is at a point where special treatment will help them with their addiction, these counsellors arrange for them to go to a treatment centre for a few weeks.

They also work in association with social service agencies, which help them keep in touch with native people who are having legal or medical problems because of alcohol or drugs.

For further information:

Daisy Hill
Desolation Sound Tribal Council Drug
and Alcohol Awareness
Prevention Project
Desolation Sound Tribal Council
R.R. 2
Sliammon Road
Powell River, British Columbia
V8A 4Z3
604-483-9646

GREENVILLE ALCOHOL AND DRUG ABUSE PROJECT

On an island in the Nass River at the end of a two-and-a-half hour drive by gravel road from Terrace, the 450 members of the Lakalzap Band live at a place called Greenville.

Sheryl Tait and Don Leeson work out of the old mission house as the Lakalzap Band's alcohol and drug abuse counselors. Sheryl says band members drop by regularly to visit and discuss an alcohol or drug problem. Sheryl and Don like to visit band members at home for more private talks, as well. Over the year they've set up support groups like the Women for Sobriety group which meets at someone's home or outdoors if the weather is nice. A new youth group gets the kids together for healthy and educational events. And a community group of people interested in learning about alcohol and drug abuse and helping solve community problems caused by drinking or drug use, meets for discussions and special events.

Sheryl and Don also organized a number of workshops over the year on a range of topics like rape prevention and child sexual abuse, as well as many educational workshops on alcohol and drug abuse.

For further information:

Sheryl Tait
Greenville Alcohol and Drug
Abuse Project
Lakalzap Band Council
Greenville, British Columbia
V0J 1X0
604-621-3257

CHOONACHEE

Tents and teepees are outside many of the houses at Halfway River reserve, 20 miles along a gravel road, off mile 95 of the Alaska Highway. It has only been in the last 10 years that families in this isolated community have lived in houses.

The population of 132 people live on a flat plain along the Halfway River without electricity or running water. One radio phone links the band to the outside world. Most families hunt 12 months a year, providing all their own meat.

The band council here would like a dry reserve and a healthy environment for its people. In March they hired Mansell Grey as their first drug and alcohol counsellor to start working with them toward these goals. Mansell says that with the help of the band council the program got off to a good start. They have two A.A. meetings every week with attendance steadily growing. Five band members have already gone to Poundmakers Treatment Centre to get special help with their drinking problems.

People are getting together to play baseball and soccer, and Mansell wants to get more activities set up that are enjoyable, healthy, and don't involve alcohol or drugs. Another plan is to revive cultural activities under the leadership of elders. The counsellor is also planning to work with the young people at school this winter.

A busload of band members went on an 11-hour trip to Alkalai Lake in July, to see what is possible when a whole community gets involved in improving the way everyone there lives.

For further information:

Mansell Grey
Halfway River Indian Band
P.O. Box 59
Wonowon, British Columbia
V0C 2N0
Radio N696488

**KITAMAAT VILLAGE COUNCIL
ALCOHOL ABUSE PROGRAM**

When Patricia Wilson was teaching the young people of Kitamaat Village about why people drink and how it can be dangerous, she realized that she should also work to help the kids feel better about themselves as Indian people. Patricia is hopeful that if they can learn more about their culture and get rid of the negative stereotypes about Indian people, they can grow up without the self-doubt and poor self-image that cause many people to drink.

Kitamaat is a coastal village of about 800 people, 10 miles from Kitamaat city, and 50 miles from Terrace. Patricia grew up here and has worked as the alcohol and drug abuse counsellor for close to two years.

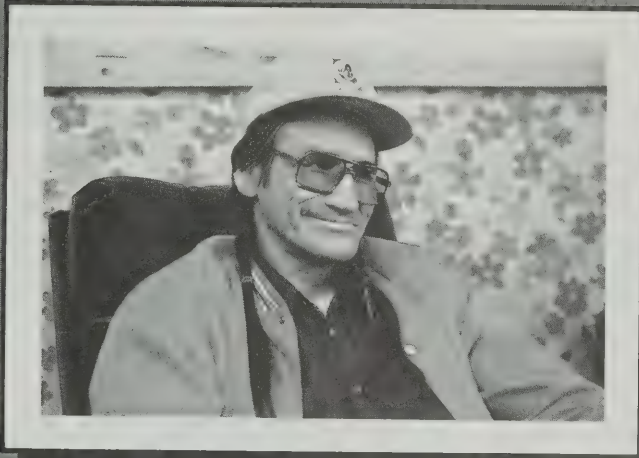
While trying to steer the children along healthier paths with the school program and by organizing healthy alternatives for their free time, Patricia spends much of her time counselling people experiencing troubles caused by too much drinking or drug abuse.

Kitamaat also has A.A., Alanon and Alateen groups organized. Programs on alcohol and drug abuse and related problems will be part of the programming when the band gets its satellite dish soon.

For further information:

Patiricia Wilson
Kitamaat Village Council Alcohol
Abuse Program
Kitamaat Village Council
P.O. Box 1101
Haisla, British Columbia
V0T 2B0
604-632-3600

Alberta Region



HEART LAKE INDIAN BAND ALCOHOL PROGRAM

When the last dance is over and the Lake Landers have packed up their equipment, after another country and western Saturday night, singer-guitar player Albert Lapatac gets into his car and drives the 150 miles northwest from Edmonton to Heart Lake Reserve, where he lives and works as the alcohol and drug counsellor.

The weekend music excursions help Albert relax after a busy week of home visits and counselling with Heart Lake Band members who need help with drinking and drug problems.

Albert also organizes film and information nights for those in the community with an interest in learning a little more about drugs and alcohol. Regular A.A. meetings also keep him busy.

About 100 people live on the shore of serene Heart Lake. Over the winter, recreation activities for the young people took off when volunteers got an outdoor skating rink going and weekly activity nights were set up. Now, with a big gym in the new reserve school, the kids have lots to do instead of drinking or using drugs.

For further information:

Albert Lapatac
Heart Lake Indian Band Alcohol Program
Box 447
Lac La Biche, Alta
T0A 2C0
403-623-2130

FORT MCKAY BAND

The Cree and Chippewa community of Fort McKay, about 40 miles north of boom town Fort McMurray, is literally surrounded by oil sands projects.

While all these developments have meant jobs for the band members - - either directly at project sites, or through spin-off businesses that support them -- the way of life for this 250-member community has altered drastically over a short period. Wildlife, from which band members obtained most of their food, has disappeared from the area. And social problems have developed for this formerly isolated traditional people, trying to adapt to new white culture.

An alcohol and drug abuse program is being introduced to the community for the first time. And it is carefully being developed through consultation with the band's elders, who emphasize that a program to prevent alcohol and drug abuse should be made up of four parts. A physical part makes band members aware of the destruction alcohol and drugs do to one's body; a mental part encourages those who are hurting themselves to think about better ways to live; an emotional part will help people cope day to day without the need for alcohol and drugs; and a spiritual part passes the beauty of traditional values like kindness and honesty to the people to make their lives healthier and happier.

For further information:

Fort McKay Band
Box 5260
Fort McMurray, Alta
T9H 3G4
403-828-4220

COLD LAKE ALCOHOL PROGRAM

Cold Lake is a farming area with some bushland, about 180 miles northeast of Edmonton. Here about 1000 Cree and Chippewa band members have settled in three pockets around the town of Cold Lake.

WHITEFISH LAKE ALCOHOL SERVICES

Every summer a camp of tents and about 15 young people can be found in a forested area at the end of a graded road, 20 miles from Whitefish Lake Reserve. In the natural environment, away from liquor, gas, glue and other drugs, the kids spend a couple of weeks learning traditional survival skills.

Back home, Richard Yellowknee and Joseph Tallman, the alcohol and drug workers here set up other activities for youth, like the popular new boxing club.

Richard and Joseph are new to the five-year-old program at this Cree community, 250 miles north of Edmonton, not too far from Lesser Slave Lake. Over the winter they fixed up a house in the middle of the reserve that they use as an office and drop-in centre for the band's 700 members.

For further information:

Richard Yellowknee
Whitefish Lake Alcohol Services
Atikameg, Alberta
T0G 0C0
403-767-3914

The five-year-old alcohol and drug program here has worked mainly to get people with severe drinking and drug problems to treatment centres where they can get special help - in Edmonton, Lloydminster and High Level.

Finding protection for women and children who are endangered by violent drinkers in the home, is one activity of the program that makes it stand out from many others. Counsellors arrange for the woman and her children to stay at special shelters, set up for this purpose, in Calgary and Lethbridge.

Recovering drinkers find friendship and support at regular Thursday A.A. meetings.

For further information:

Cold Lake Alcohol Program
Box 98
Grande Centre, Alta.
T0A 1T0
403-594-7183

PEIGAN ALCOHOL SERVICES

Nestled in Alberta's foothills, beside the Old Man River, Peigan Reserve, with its 1900 people, is a beautiful place to live.

On an ordinary day about 40 people either drop-in or phone the old moccasin craft building in the centre of this reserve, about 100 miles south of Calgary. This is where the eight-year-old alcohol and drug prevention program is now situated, since volunteers renovated the building and moved the centre last year.

The high number of visits and phone calls is probably due to the efforts of drug and alcohol workers to build strong bonds with those with alcohol and drug problems on the reserve.

"Our main objective", says program director, Peter Strikes With a Gun, "is that the person knows we will always be a friend".

Peter, Louise English and Karen Fay-Provost are at the centre in the daytime, and Albert Prairie Chicken is at the centre nights - to assist anyone in distress.

The desire for close ties extends to building a good working relationship with the other agencies that deal with band members when problems arise from alcohol and drug use.

Peter says the program counsellors try to prepare anyone going away for treatment to know what to expect. And helping them adjust when they return is equally important.

"A person needs to build self-confidence and get support from the family and the community so they can apply what they have learned when they come back," says Peter. Family counselling, A.A. meetings and recreation activities are all geared to do this.

Inmates at the Westcastle minimum security camp nearby are invited to join band members at the weekly A.A. meetings on the reserve.

Counsellors organize weekly meetings, film nights and recreation activities for the band's young people. They also visit the school to discuss alcohol and drug use.

For further information:

Peter Strikes With a Gun
Peigan Alcohol Services
Box 147
Brockton, Alta.
T0K 0H0
403-965-3919

ENOCH BAND ALCOHOL PROGRAM

Standing on the Stoney Reserve at sunset, the silhouettes of an encroaching city's skyscrapers are etched against the

sky. Alberta's capital city, Edmonton, is now just 13 miles from the Stoney Reserve.

Still closer, and more thought-provoking, are the stark silhouettes of the reserve's own oil derricks that pump in money band members here might never have dreamed of.

Cultural retention against the backdrop of oil derricks and skyscrapers is not easy. Dealing with some of the problems of those adjusting to this new way of living, keeps workers for the alcohol and drug abuse program busy.

Kathleen Thomas says a round-the-clock emergency counselling service is here for anyone feeling a need to talk to a counsellor.

During the day and in the evenings, band members come to the drop-in centre to talk, play cards, watch T.V. and visit with friends.

Staff work closely with the social services workers, health worker, education officer and priest. Kathleen says they discuss cases to figure out what everyone can do to best help an individual or a family.

Something quite unique about the Enoch Band is its Wildwood Retreat, 60 miles away from the reserve - towards the mountains. The band has purchased land for band members to use when they need to get away. The Lodge holds about eight people at a time. Band members sometimes go to Wildwood while awaiting treatment for alcohol and drug abuse, or when they return from treat-

ment in Edmonton. Anyone staying at Wildwood gives a hand with the large cattle operation there and with the maintenance of the Lodge.

For further information:

Kathleen Thomas
Enoch Band Alcohol Program
Box 1, Site 2, R.R. 1
Winterburn, Alta
T0E 2N0
403-487-5776

PAUL BAND ALCOHOL PROGRAM

On the edge of Lake Wabeman, 30 miles west of Edmonton, the Paul Band of about 850 members has settled.

The reserve, spread over eight by four miles, is a busy place, with a carpentry shop, plumbing shop, electrical shop, day-care centre, store, laundromat, gas bar, hockey arena and arts and crafts shop.

This Cree and Stone community, five miles off the main highway, has had an alcohol and drug program for about seven years now. Edna Rain, one of the counsellors, says she, counsellor Adolf Kootenay, and coordinator Mel Paul, do a lot of talking with drinkers and their families on the reserve. A.A., Alanon and Alateen meetings happen regularly, as do alcohol and drug information events for the whole community.

Two treatment centres are nearby, in Edmonton, where Edna, Adolf and Mel send band members who want more intensive help to stop drinking or using drugs.

For further information:

Mel Paul
Paul Band Alcohol Program
Box 89
Duffield, Alta
T0E 0N0
403-892-3141

**FORT CHIPEWYAN COMMUNITY
HEALTH BOARD SOCIETY**

Fort Chipewyan is very cold in the winter and very beautiful all year-round, says Gordon Cook, coordinator of the drug and alcohol program here.

By Lake Athabasca, in northern Alberta, Fort Chipewyan is one of the oldest settlements in the province. Gordon and two other counsellors run the program for this isolated community's 1800 Cree, Chipewa and Métis.

Gordon, who is also a Baptist Minister, wears yet another hat -- as coach for the pee-wee hockey team. The alcohol and drug program tries to provide regular sports events for the kids, as well as regular discussions groups and special events.

Native people going through the courts with alcohol, or drug-related offences are put in touch with the program workers, who talk over problems and different ways of dealing with them.

Monday night A.A. meetings are held at the office, which also serves as a drop-in centre for anyone to come by and talk.

For further information:

Gordon Cook
Fort Chipewyan Community Health
Board Society
Box 99
Fort Chipewyan, Alta
T0A 1G0 403-697-3875

DENA THA ALCOHOL PROGRAM

Until just 30 years ago, the Dena Tha Band, in northern Alberta, was still nomadic -trapping, fishing, hunting and unfamiliar with white culture.

Most of those traditional ways are still with the Slave and Tagish people here, who have settled in three communities around High Level, 500 miles north of Edmonton. Assumption is 70 miles west, Meander River is 50 miles north and Bushie River is just on the southern outskirts of town.

Cecile Gallant is just setting up a drug and alcohol program for the band, based in High Level. Conversations with elders have made one goal quite clear. They

want to reverse the recent trend by young people to put tradition and culture aside.

Cecile has been talking to community members and leaders to find out what is needed from an alcohol and drug program here, and what kinds of resources already exist to assist the new project.

For further information:

Cecile Gallant
Dena Tha Alcohol Program
P.O. Box 120
Chateh, Alta
T0H 0S0
403-321-3842

GOODFISH LAKE COUNSELLING SERVICES

Goodfish Lake has every right to be proud of its A-Division hockey team. In fact a team from Japan that was touring Canada last winter requested a game with the high-ranking players.

The Whitefish band that lives here can also be proud of its 10-year-old drug and alcohol program that has helped scores of band members cope with the over-come problems of addiction and abuse.

their own, or a family member's drinking or drug use. They also visit inmates at the St.Paul's Correctional Institute nearby. At the centre, people on the reserve drop in anytime for coffee, and also attend organized support group meetings like A.A., Alateen and Alanon.

Violet, a former band constable and correctional worker, says program counselors work closely with the staff of other social agencies in the area, including court workers, probation officers, and health and prevention services workers.

Women with children at Goodfish Lake are no longer in a bind when they want special help through detox or treatment. The program has organized volunteers to take care of children when a mother needs and wants to get this special help.

The youth counsellor at this reserve of 1000 people, about 50 miles east of Peace River, runs an Alateen program and sets up year-round sports activities, in which young people can keep busy, with friends, and feel a sense of accomplishment. She also works with the education coordinator, bringing information about drugs and alcohol to the schools. Plans are in the works for the youth drop-in centre to be set up in an old house on the reserve.

For further information:

Violet Hunter
Goodfish Lake Counselling Services
Goodfish Lake, Alta
T0A 1R0
403-636-3622

**KEHEWIN TRIBAL
COUNSELLING SERVICES**

One day last winter life started to change for band members of the Kehewin Reserve. That day, the pipeline was completed that carries natural gas from the reserve's wells to industries that pay for the precious fuel. And monthly royalty payments for the band's 750 members began.

Kehewin is a Cree reserve, with areas of good farmland, about 140 miles north-east of Edmonton. It's only about nine miles from Bonnyville, where many of Alberta's native people go for treatment of alcohol and drug problems at the Bonnyville Indian-Metis Rehabilitation Centre.

George John and Julia John, counsellors for the 10-year-old drug and alcohol abuse program here, believe that having a bit of fun is a good way to resist the temptation to drink or use drugs. And square dancing is one way to do that. They organize a busy recreation program here, of which square dancing is one of the more popular activities.

More and more Kehewin band members, including young people, are going to the regular Sunday sweats, where meditation and conversation bring native culture more clearly into focus for everyone.

George and Julia make home visits to talk with individuals with drinking and drug problems and their families. They make hospital and court visits and even extend a helping hand on the streets of Bonnyville, where they offer assistance to people on the street who have had too much to drink.

For further information:

George John
Kehewin Tribal Counselling Services
Box 218
Bonnyville, Alta
T0A 0L0
403-826-2355

**EDEN VALLEY ALCOHOL
AND DRUG ABUSE PROGRAM**

What could capture a sense of the west more than a rodeo on a clear summer day, with scores of excited people in their stetsons, and a view of the Rocky Mountains off to the west? This is a familiar scene at the Eden Valley Reserve, about 80 miles southwest of Calgary, where about 800 members of the Stoney, Bearspaw and Chiniquay bands have settled.

Young people and band members of all ages here are learning about their native culture and traditions from elders Johnny Left Hand, and Mark Left Hand. Alcohol and Drug program workers here believe that strength and pride derived from regaining their true Indian identity can help band members live healthier sober lives, and guide the young people away from destructive abuses. The elders attend A.A. meetings and other community gatherings.

Counsellors organize group discussions where band members trying to stay sober talk over difficulties and give each other encouragement. Social activities that don't involve alcohol are set up through the program as well.

Anyone needing special treatment is usually sent to the St. Paul's Treatment Centre, run by the Blood Indian Band, at Cardston, 150 miles south of Eden Valley.

For further information:

Eden Valley Alcohol Program
Box 56, Longview, Alta
T0L 1H0 403-558-3603

SADDLE LAKE COUNSELLING SERVICES

For all of his 32 years, Glen Houle has lived at the Saddle Lake Reserve, with its large population of about 3570. Glen is a new counsellor for the 10-year-old alcohol and drug program on this reserve, 110 miles northeast of Edmonton.

He and program coordinator Willie Ray Cardinal are busy planning sober dances and other recreation activities for community members who want to socialize without alcohol and drugs.

They visit band members who are scattered around beautiful Saddle Lake, counselling and lending support to those trying to change and live healthier lives. These people lend support to each other at weekly A.A. meetings organized through the program.

When a band member needs more intensive help to stay sober they usually go to Bonnyville, Hobbema, Calgary, or Lloydminster, depending on what best suits their needs.

For further information:

Willie Ray Cardinal
Saddle Lake Counselling Services
Box 1364
St. Paul, Alberta
T0A 3A0 403-726-3990

SARCEE OLD AGENCY LODGE

Two years ago the Sarcee Indian Band, right at Calgary's southwest city limits, put its own construction company to work in renovating an old reserve building that was used by the Indian agent many years ago.

Today it stands as a post-treatment centre for anyone from the Treaty Seven area, which includes Gliechen, Sarcee,

Eden Valley, Morley, Cardston, Brocket and Calgary, with a total native population of 28000.

The Sarcee Old Agency Lodge holds up to 11 people at a time who, after detox or treatment at a centre elsewhere, are trying to ease back into their communities. Lodge staff here help them to reach the goals and objectives they have set for themselves. Learning life-skills, or better ways to deal with day to day problems and situations, is an important part of the program. It includes pre-employment training, which is basic coaching on how to look for and keep a job.

Director Tom Heaven Fire and the 12 other staff people keep the Lodge running smoothly.

For further information:

Tom Heaven Fire
Sarcee Old Agency Lodge
3700 Anderson Road
Box 43
Calgary, Alta
T2W 3C4
403-281-6866

SARCEE ALCOHOL DROP-IN CENTRE

Not too many Indian reserves have their own golf course, but the Sarcee Band, right on the southwest city limits of

Calgary, is pretty resourceful. Landscaping and building beautiful Redwood Meadows on reserve land close to the city has created a good source of income for the band.

Sarcee has also built a huge community arena with a rink, a gym, poolrooms and game rooms. The drug and alcohol program workers here encourage band members to take part in the busy recreation program.

Primarily a drop-in centre, situated across from the band administration building, the program here has two counsellors and a director who are there to discuss any problems and bring other assistance to Sarcee members battling alcohol and drug use. Self-help groups like A.A. and Alanon meet at the centre regularly.

Sarcee is lucky enough to have its own treatment centre on the reserve. And drop-in centre staff work closely with the counsellors there.

For further information:

Tom Heaven Fire
Sarcee Alcohol Drop-in Centre
3700 Anderson Road
Box 43
Calgary, Alta
T2W 3C4 403-281-6866

O'CHIESE BAND

Like its neighbour Sunchild, the O'Chiese Band is just developing its first alcohol and drug abuse program.

While finding out what the 500 band members want from this program, the new project worker has been consulting with band elders to ensure that as it grows, true Indian values, culture and tradition nourish it.

O'Chiese is nestled in Alberta's rolling foothills, about 35 miles from the town of Rocky Mountain House.

For further information:

Chief George Strawberry
O'Chiese Band
Box 1570
Rocky Mountain House, Alberta
T0M 1T0
403-989-3943

Sunchild has never had an alcohol and drug program. And the new counsellor is busy finding out what people want from it. One thing is for sure though, making band members more aware of the effects of alcohol and drug use is an important goal.

When a person knows what actually happens to their body from using these things and how it hurts and breaks down family relationships, they may be less inclined to have a drink or use drugs. And when the friends and family of a person with a drinking or drug problem understand what makes them do it, it may be easier for them to cope and to try and help.

For further information:

Cindy Yellowface
Sunchild Cree Band
Box 747
Rocky Mountain House, Alta
T0M 1T0
403-989-3740

ALEXANDER BAND ALCOHOL AND DRUG PROGRAM

SUNCHILD CREE BAND

A rough gravel road runs the 22 miles connecting the Sunchild Cree Band with the town of Rocky Mountain House. Few band members have cars, so the reserve, which spreads over 22000 acres in Alberta's foothills, is still semi-isolated.

In summer, vacationers flock to the beaches of Sandy Lake, about 40 miles northeast of Edmonton. Here the Alexander Band is working on a beach development project to improve its economy.

This Cree community of about 500 has another new project under way as well. Plans are being developed for the new alcohol and drug abuse program. Some needs seem fairly certain to the band members who are setting up the program, like the need to make all community members better aware of the physical, mental and social effects of alcohol and drug abuse; the need for individual and group counselling; and the need to go into the schools and help the kids. But they are proceeding carefully to make sure these services develop in ways that best suit the community.

For further information:

Alexander Band Alcohol and
Drug Program
Alexander Band
Box 510, Morinville, Alta
T0G 1P0
403-939-4346

**BIGSTONE CREE BAND
ALCOHOL PROGRAM**

A good gravel road takes you the last 86 miles to the Bigstone Cree Band reserve of 1900 people, about 250 miles north of Edmonton.

Employment is quite high here, with a sawmill on the reserve and the Nova pipeline running through nearby Collins Lake Reserve.

The Band is just setting up its first alcohol and drug abuse program. Counsellors have started visiting band members who want to talk about drinking and drug problems --either their own, a family member's, or a friend's. They are also busy asking band members what they would like the new program to offer.

For further information:

William Beaver
Bigstone Cree Band Alcohol Program
Desmarais, Alberta
T0G 0T0
403-891-3836

**FROG LAKE ALCOHOL
AND DRUG ABUSE PROGRAM**

When Moise Paul parks his school bus after the morning run, it's time for him to officially start his day as the alcohol and drug worker for Frog Lake.

Moise grew up on this Cree reserve northeast of Edmonton, close to the Saskatchewan border. There are quite a few ranchers and dairy farmers among the 1000 band members here.

During the day, Moise visits band members around the reserve who want to talk about alcohol and drug problems. The reserve is about 50 miles from Bonny

ville, so most band members who want special treatment for alcohol and drug problems go there. Treatment facilities in Edmonton are also used.

A.A. members on the reserve alternate weekly meeting places with the A.A. group in Elk Point, not too far away.

Through the new youth club at Frog Lake, Moise brings information to the young people about drinking and drug use, so they can make wiser decisions for themselves.

Over his three years as an alcohol worker, Moise has built good working relationships with others working with Frog Lake band members through the social services agencies.

For further information:

Moise Paul
Frog Lake Alcohol and Drug
Abuse Program
Frog Lake Band
Frog Lake, Alta
T0A 1M0
403-943-2393

**BEAVER LAKE BAND
ALCOHOL PROGRAM**

The sound of a reel and the sight of round dancing are becoming pretty familiar at Beaver Lake Reserve, as an

expanding alcohol and drug prevention program brings more enjoyable sober activities to the community.

Weekly socials for adults and lots of sports, recreation and education activities for young people are now available through the program.

Albert Cardinal, program director, says they're trying to put the kids more in touch with their culture and traditions -- a survival camping trip to the mountains in summer is part of this effort.

The new detox centre right at Beaver Lake, 150 miles northeast of Edmonton, has made Albert's job a lot easier. Counsellors here also make home visits and try to help recovering drinkers and drug users to find jobs or enrol in courses if that is what they want.

Weekly A.A. meetings provide another important support for band members at Beaver Lake. Staff also meet with court workers, probation officers, and other agencies representatives every month to help each other figure out the best way to deal with band members having alcohol and drug-related problems.

For further information:

Albert Cardinal
Beaver Lake Counselling Services
Box 213
Lac La Biche, Alta.
T0A 2C0
403-623-4549

BEAVER LAKE DETOX CENTRE

All spring the shore of Beaver Lake was buzzing with the sound of construction. And now, from the fruits of the band members' labour, stands a 16-bed detox centre about five miles off the beaten path from the reserve's centre of activities.

Native culture and spiritual awareness are part of the unique detox and minimum treatment program. Most detox centres keep people from three to five days, but people here can stay up to 14 days while the program tries to better prepare them for treatment at one of the facilities that have intensive treatment programs, like the ones in Bonnyville, Calgary, Edmonton or Lloydminster.

For further information:

Beaver Lake Detox Centre
Box 213
Lac La Biche, Alta
T0A 2C0
403-623-4549

SIKSIKA ALCOHOL SOCIETY

Under expansive prairie skies, near the magnificent Rocky Mountains many of the 3000 Blackfoot band members ranch and farm on their reserve about 60 miles east of Calgary.

A busy alcohol and drug program has grown here over the last 10 years. Rupert Bull Bear, the director, says recreation is an important part of the program that offers sober dances and sports activities as satisfying and healthy ways to spend free time.

Debbie Big Snake, Greg Running Rabbit and Sarah White Elk, work with Rupert bringing the community Alanon and Alateen groups, and providing individual and family counselling. They direct anyone needing and wanting to go for special care to a treatment centre that best suits their needs.

On the reserve, band members trying to stay sober can drop in to talk over problems and successes, as well as attend group therapy sessions and A.A. meetings, where individuals try to give each other strength and understanding.

The staff work hand in hand with teachers at the school; with workers at medical and social services agencies; and with police and court workers.

For further information:

Rupert Bull Bear
Siksika Alcohol Society
Box 249, Gleichen, Alta
T0J 1N0
403-734-3816

HOBHEMA CENTRE

Elder Frank Nadeau is helping a lot of native people fight alcohol and drug abuse by showing them their true Indian culture. His face is a familiar sight at this 14-bed detox centre, 45 miles south of Edmonton where members from the four bands of Hobbema, Samson, Erminskin, Louis Bull and Montana can go for a week or two to dry out.

The Centre is a busy place that offers more than just a bed to any of the 5000 Indians who live around Hobbema. A staff of 14 talk over the reasons why heavy drinking and drug use happen, and how a person can try to stop.

"A person needs to know that they are worthwhile and have a right to a good life", says program director Barry Wingrave. "That's the first thing we try to do here".

If a person wants to go to a treatment centre after they've dried out at the Hobbema Centre, workers make the arrangements and also offer a hand when that person returns home.

Weekly film nights are part of the program, as are the sports and recreation activities organized through the reserves's Howard Buffalo Memorial Centre.

For further information:

Barry Wingrave
Hobbema Centre
Box 100
Hobbema, Alta
T0C 1N0
403-585-3913

KAPOWN TREATMENT CENTRE

The Grouard Reserve in central Alberta used to be the first landing place for the Cree coming off Lesser Slave Lake. And the name of the new treatment centre here, Kapown, fits in with this history as well as having meaning for those trying to quit drinking and start a new way of living, for it means to land or come ashore.

There are 30 beds at Kapown, which exists to serve native people from all over the Lesser Slave, Peace River area, who are trying to quit drinking and using drugs. There is no set staying period here because each person stays as long as they need to. The average is 28 days.

This program tries to provide what staff call a total health approach to treatment, which means more than counselling. Nourishment is stressed, along with spiritual and cultural development, and the importance of enjoyable alcohol and drug-free leisure activities.

Total health doesn't stop here either. Where there is interest and necessity, individuals are put in touch with job placement agencies and job training

opportunities. There is a provincial vocational training centre just 50 yards off the reserve.

And finally when a person goes home there is an alcohol and drug counsellor right there in the community who supports their efforts to begin a new sober lifestyle.

For further information:

Barry Nesbit
Kapown Treatment Centre
Box 1740
High Prairie, Alta.
T0G 1E0
403-523-4401

While these counsellors now handle the day to day educational/recreational and counselling work that fights alcohol and drug abuse in their communities, they also work hand in hand with the treatment centre to get an understanding of how they can best try to help a person when they return home after treatment at Kapown and are trying to stay sober.

For further information:

Chief Frank Halcrow
Lesser Slave Lake Indian
Regional Council
Box 269
Slave Lake, Alta.
T0G 2A0
403-849-4943

**LESSER SLAVE LAKE
INDIAN REGIONAL COUNCIL**

Last winter 24 native people from all over the Lesser Slave and Peace River area went to Edmonton where they spent six months in an intensive, extremely demanding training course, preparing them as alcohol and drug abuse counsellors.

With a vision for the future in mind, the Lesser Slave Lake Indian Regional Council arranged for this training to complement the development of the Kapown Treatment Centre at Grouard Reserve.

STONEY TRIBAL ALCOHOL PROGRAM

About 30 oil wells pump crude from the land about 38 miles west of Calgary, just off the highway to Banff. And where they stand is on Indian land belonging to the Stoney Band of about 800 members.

Jeff Bull says that even with its many assets - a beautiful location in the foothills, cattle and horse ranches, and money from the oil to improve housing, health and recreation -- problems with alcohol and drugs continue to hurt individual band members and the community as a whole.

Old problems don't change overnight, says Jeff, and people cannot be expected to adapt quickly and easily to major changes in their lives. But Jeff and Ken Fox, the alcohol and drug workers here are trying to help. They visit band members having trouble controlling drinking and drug use. And they counsel those who have found themselves in trouble with the law because of alcohol and drug-related offences.

For further information:

Jeff Bull
Stoney Tribal Alcohol Program
P.O. Box 40
Morley, Alta.
T0L 1N0
403-881-3770

ST. PAUL'S TREATMENT CENTRE

With 6000 band members spread over 350000 acres, the Blood Reserve in southern Alberta is huge. And if the Canada/U.S. border wasn't there, the community would be three times as large, with the family and friends settled below the border around Browning, Montana numbering around 15000.

Richard Mills, Director of the St. Paul's Treatment Centre on the reserve, says his reserve is a beautiful place, with a little bit of everything. Spread out against Alberta's foothills, band members have a close-range view of the majestic Rocky Mountains. Fresh water lakes abound, as does wild game. On the

eastern side of the reserve, the prairie starts, and ranching and farming are widespread.

The Treatment Centre opened in 1977 and handles about 30 people at a time from reserves all over Alberta, as well as B.C., Saskatchewan, and Montana.

A staff of more than 20 run the treatment program, the core of which is the in-patient program. Eight counsellors work with alcohol troubled people here, throughout their 28-day stay. An out-patient program at the centre concentrates on follow-up --helping band members cope when they leave the centre. Workers also refer anyone who wants treatment elsewhere to other centres.

The research department is constantly bringing new materials for the counsellors to work with.

Every summer for four years now, staff from the centre have taken young people between 13 and 18 to their youth camp, where skills and values of the elders are transferred to these younger band members. It is also an opportunity for the reserve's young to get a fuller understanding about alcohol and drugs, which have never been a part of their true Indian culture.

For further information:

Richard Mills
St. Paul's Treatment Centre
Box 179
Cardston, Alta.
T0K 0K0
403-737-3756

NECHI INSTITUTE ON ALCOHOL AND DRUG EDUCATION

Most alcohol and drug workers on reserves in Alberta have been through the doors of an old renovated church in Edmonton. Here, the Nechi Institute on Alcohol and Drug Education provides special training to Alberta's native alcohol and drug abuse counsellors which reflects native cultural values, attitudes, traditions and spirituality.

Elders are often consulted about the courses which include training for new counsellors as well as courses for those with experience. Courses usually run from one to two weeks at a time to accommodate people taking time off work. They cover topics like human

relations, community relations, family counselling and individual counselling. Courses on management (how to spend money wisely; designing better services; and how to develop good working relationships with co-workers) are also offered.

The four trainers at Nechi handle 17 to 25 students at a time.

For further information:

Nechi Institute on Alcohol and
Drug Education
RR2
Winterburn, Alberta
T0A 2N0
403-424-5131

Saskatchewan Region



NEW DAWN VALLEY CENTRE

Surrounded by hills and valleys, New Dawn Valley Centre sits beside tranquil Echo Lake, in the beautiful Qu'Appelle Valley region of Saskatchewan. For five years now, native people from all over the province, and as far away as Ontario have come for help in dealing with alcohol and drug addictions. Housed in a 60-year-old building here, the program can handle about 20 people at a time, and they usually stay for four weeks.

Centre Director Bobbie Roberts says the staff take individuals through four basic stages of the Program, starting with an educational period where they learn about actual physical effects of alcohol and drugs on a person's body and their mental health. The next part deals with how the person feels about themselves, and counsellors try to help each person understand themselves better and feel more confident. Clients then learn about how alcoholism and drug addiction are family illnesses -- how everyone is affected by a family member's drinking or drug use. And finally that person is prepared to go back home and deal with their old problems without the use of alcohol or drugs.

Staff include Walter Lavallee as program director, and counsellors Wayne Boen, Frank Kelly, Ray Lavallee and Maxine Wilson. Judy Burns is the secretary, and Connie Wajunta started as the liaison worker this summer.

For further information:

Bobbie Roberts
New Dawn Valley Centre
P.O. Box 998
Fort Qu'Appelle, Saskatchewan
S0G 1S0
306-332-5637

KEESEEKOOSE DRUG AND ALCOHOL AWARENESS PROGRAM

Children are a big part of Anibelle Masqua's life. She has nine grandchildren of her own, and spends much of her time trying to make young people at the Keeseekoose reserve in southeastern Saskatchewan understand the dangers involved in drinking and taking drugs.

Anibelle works at increasing the awareness of everyone in the community of 750 people, so that band members will think twice about how they hurt themselves and others when they drink or use drugs. She brings in speakers and shows films.

Her job also involves counselling people in the community with drinking or drug problems and taking anyone who is interested to the treatment centre at the hospital in Kamsack, 12 miles away.

A women's club is now going at Keeseekoose, and this is open to all women who want to get together socially without using alcohol or drugs.

For further information:

Anibelle Musqua
Keeseekoose Drug and Alcohol
Awareness Program
Keeseekoose Indian Band
Box 1120
Kamsack, Saskatchewan
S0A 1S0
306-542-2516

For further information:

Edwin Martel
Four "R" Alcohol Project
Box 2138
Meadow Lake, Saskatchewan
S0M 1V0
306-236-4282

FOUR "R" ALCOHOL PROJECT

It's mostly flat country around Meadow Lake in northwestern Saskatchewan where the four reserves of Flying Dust, Waterhen, Island Lake, and Joseph Bighead have been building a joint alcohol program over the last three years.

Edwin Martell coordinates the program that serves the population of close to 1800 people. Program counsellors Cindy Durocher, Mary Jane Fiddler, Sydney Chief and Judy Kaponapit each live in their community and try to help individuals and families deal with problems caused by heavy drinking or drug use.

The counsellors have started A.A. groups in most of the communities and are trying to get Alateen and Alanon groups organized as well. In order to discourage the children and older band members from getting involved with drugs and alcohol, the counsellors hold community workshops, where they talk about the far-reaching effects of alcohol and drug dependency and show films to demonstrate this.

CANOE LAKE ALCOHOL PROJECT

Uranium mining and commercial fishing are the main sources of employment for the Canoe Lake band's 450 people. The reserve is right on the lake, about 100 miles north of Meadow Lake.

Eli Opekokew and Mary Iron are a team of alcohol and drug prevention workers who have worked together on the band's program for six years. Eli says they both do a lot of counselling -- visiting band members individually to talk over problems, and visiting couples and families as well.

Over the years the A.A. group has become strong, and Canoe Lake is now the site for the annual northern Saskatchewan area A.A. round-up -- a two-day event that drew about 80 people last year.

Mary and Eli like to work with other people on the reserve who are trying to improve life for everyone, like the health committee which jointly sponsored a community workshop on alcohol and drug effects with Eli and Mary this year.

Mary has also organized a women's social group, where the women can get together in an alcohol-free environment to enjoy each other's company.

For further information:

Eli Opekokew
Canoe Lake Alcohol Project
Canoe Narrows, Saskatchewan
S0M 0K0
306-829-2044

**RED EARTH MINNEGOWIN
CONTROL PROJECT**

Anyone at the Red Earth Reserve who is wondering what is going on in the community can now pick up a copy of the Red Earth Community Newsletter and read about it. Twice each month, Charlie McKay, Bernelda Heat and Duncan McKay, workers on the alcohol and drug abuse program here, put out the newsletter that carries all the community news, as well as articles on different topics related to drinking and drug use.

About 520 people live here, right next to Red Earth Lake in the Pasquia Hills, about 150 miles northeast of Prince Albert. The five-year-old alcohol and drug program now has an education curriculum for the school and is part of the "fine options" court program where a person who has been given a fine in court because of some alcohol or drug-related offence, can work off their fine by doing community work. Charlie says they are developing a juvenile delinquency pro-

gram that is similar to the "fine options" program, but directed at youngsters under 16 who got into trouble.

Charlie and Bernelda also do counselling, and if someone wants to go for special help to quit drinking or taking drugs, they arrange for them to spend a few weeks at the New Dawn Centre about 250 miles away.

For further information:

Charlie McKay
Red Earth Minnegowin Control Project
Red Earth Indian Band
Red Earth, Saskatchewan
R0E 1K0 306-768-3683

**SWEETGRASS COMMUNITY
COUNSELLING AND DROP-IN
CENTRE**

The Sweetgrass band's 500 people are settled on some of the richest farmland in Saskatchewan. Many people here farm and ranch, and the band itself has about 600 head of cattle and runs a band farm.

Rod Albert and Tom Opwan run the alcohol and drug abuse program in this Cree community, 17 miles west of North Battleford. Rod says they used to work mainly with severe alcoholics, counselling and trying to get them to go for treatment, but the program is expanding now and spreading into many other areas of the community.

An old school on the reserve serves as a drop-in centre and office for Rod and Tom. People of all ages drop by to play games and just talk. Over the year the counsellors have tried to get to the young people here with information about alcohol and drugs so that they will be aware of the dangers involved and choose healthier pastimes for themselves.

Rod is a sports enthusiast and is involved in organizing athletic activities. A recreation complex on the reserve, with an ice arena and gymnasium, provides a wide variety of sports and recreation activities for the whole community.

For further information:

Rod Albert
Sweetgrass Community Counselling and
Drop-in Centre
Box 147
Gallivan, Saskatchewan
S0M 0X0
306-937-2990

**LA RONGE ALCOHOL
ABUSE PROGRAM**

Two cabins tucked back 40 miles from La Ronge on Hall Lake are kept by the La Ronge Band for use by any band members who are trying to break free of alcohol and drugs. In this peaceful setting, families get together, and with alcohol and drug counsellors Charlie Hullkett and John Hullkett try to work out some of the problems that lead to and are caused by drinking or drug use.

The band's 2000 people are spread over 12 reserves within a 50-mile area around the town of La Ronge, about 200 miles north of Saskatoon. Wild rice harvesting is a growing industry here and other jobs involve guiding, fish processing, tree planting, fishing and trapping.

Travelling throughout the 12 communities Charlie and John visit individuals and their families who are affected by alcohol or drugs. They help organize the A.A. activities as well. Awareness of the many health hazards caused by alcohol and drugs is another thing the counsellors try to bring to band members through films and discussion groups, so that everyone can make wiser decisions for themselves.

For further information:

Charlie Hullkett
La Ronge Alcohol Abuse Program
Box 480
La Ronge, Saskatchewan
S0J 1L0
306-425-2183

**MAKWA SAHGIECAN ALCOHOL
PROJECT**

Loon Lake Reserve is in a tourist area 93 miles from Lloydminster, on the Alberta-Saskatchewan border. Inez Moccasin is in her fourth year as coordinator of the alcohol and drug program for the 600 band members here, concentrating on counselling and building up awareness in the community about alcohol and drug effects.

Inez says she has found that awareness is the key to getting through to people, and she wants to build on this part of the program at Loon Lake. The community is spread out and Inez travels around visiting people at home who want to talk to her about their own or someone else's drinking or drug use. She also takes people to the detox in Lloydminster and arranges for those wanting to take treatment to go to New Dawn Valley, 400 miles away, or over the Alberta border to Bonnyville, about 100 miles away.

Quite a few families at Loon Lake have started getting involved in cultural ceremonies, which seem to attract a number of people who have quit drinking. Inez encourages band members trying to stay sober to get involved in these events as well as the sports and other alcohol and drug-free social activities on the reserve.

For further information:

Inez Moccasin
Makwa Sahgiecan Alcohol Project
Loon Lake Indian Band
Box 340
Loon Lake, Saskatchewan
S0M 1L0
306-837-2221

JAMES SMITH ALCOHOL AND DRUG PREVENTION PROGRAM

Riley Burns was born where the North and South Saskatchewan Rivers meet at the James Smith Reserve, in rich farmland 60 miles east of Prince Albert.

Riley lives with the 900 band members at James Smith, working as the band's new alcohol and drug prevention counsellor.

He's been visiting people throughout the community, letting them know about the program and talking with individuals and families affected by their own or someone else's drinking or drug use.

Plans for the new program include working with the band's young people in school, and through workshops and films making all band members more aware of how alcohol and drugs affect people. Riley is also planning to visit some of the more established projects in his area to get ideas about what works well in a program and the mistakes to avoid.

For further information:

Riley Burns
James Smith Alcohol and Drug Abuse
Prevention Program
James Smith Band
Box 680
Kinistino, Saskatchewan
306-864-3293

WHITE BEAR DROP-IN CENTRE

The White Bear Reserve is in a good cattle-grazing hilly area southeast of Regina, about 130 miles away. The band is right on White Bear Lake and is developing an area of beachfront for commercial use.

Since first setting up their alcohol and drug prevention drop-in centre on the reserve last December, Andy Naytowhow and Irene Naytowhow have kept the place pretty busy. They have weekly film nights with topics related to alcohol and drug use, as well as other matters of interest to band members. A.A. meetings are held twice each week, and alcohol and drug awareness workshops are open to the community once a month.

Last summer Andy and Irene started activities for the younger people on the reserve, like weiner roasts and other outings, and their plans include doing more with the kids. Dances and other socials are on the agenda for everyone's enjoyment.

The counsellors talk with people experiencing difficulties caused by drug or alcohol use and arrange for anyone wanting and needing treatment to go to the New Dawn Valley Centre, 150 miles away.

For further information:

Andy Naytowhow
White Bear Drop-in Centre
P.O. Box 700
Carlyle, Saskatchewan
S0C 0R0 306-453-2895

**KEY ALCOHOL AND
DRUG ABUSE PROJECT**

For Joe Crow, teaching the young people at Key Reserve about Indian values and

spirituality is the surest way to discourage them from following unhealthy paths to alcohol and drugs abuse. He is hoping that they can grow with confidence and good feelings about themselves by understanding their roots and knowing who they are.

About 125 of the band's 500 people live at Key, near Kamsack, in this farming area of southeast Saskatchewan. The counsellor tries to increase everyone's awareness about all the effects of drinking and taking drugs through film workshops and discussions.

Working cooperatively with others providing social services to band members, Joe gets in touch with anyone having legal or medical problems because of alcohol or drug use. He also organizes A.A. meetings and visits families at home.

For further information:

Joe Crow
Key Alcohol and Drug Abuse Project
Key Indian Band
P.O. Box 70
Norquay, Saskatchewan
S0A 2V0
306-594-2020

**KAMSACK UNION HOSPITAL
ALCOHOL AND DRUG TREATMENT
PROGRAM**

The three reserves of Cote, Keeseekoose and Key are near the town of Kamsack,

165 miles northeast of Regina on the Manitoba border. At the hospital in town, four beds have been set aside for a 28-day alcohol and drug treatment centre that services native people in town and from the three surrounding reserves.

Paul Severight is the head counsellor for the program, which has been operating for about four years. And aside from their own staff of three who works solely on the alcohol and drug treatment program, the entire hospital staff is aware of the program and helpful with it.

Paul says he and counsellor Gary Carscadden try to help clients understand what happens to their bodies, their behaviour, and their minds from excessive drinking or drug use. They try to build that person's confidence and self-esteem, to rid them of the self-defeating behaviour that leads people to drinking. And finally, they try to impress on that person why they are there and what they can gain by making positive changes in their lives without alcohol or drugs. An outpatient part of the program allows for those who have been through the treatment program to visit daily or less frequently to get continued support and guidance. It is also there for those who would like help with their drinking and drug problems but do not wish or need to go through the 28-day program.

For further information:

Paul Severight
Kamsack Union Hospital Alcohol and
Drug Treatment Program
Box 429
Kamsack, Saskatchewan
S0A 1S0 306-542-2635

SAULTEAUX CENTRE

The Assiniboine River flows through the Cote Reserve in southeast Saskatchewan, where 470 band members live, close to the Manitoba border and five miles from the town of Kamsack. A sawmill, farming, and carpentry provide most of the employment for band members here.

Ross Cadotte has worked on the alcohol and drug program for two years, doing a lot of counselling with young people at school and in their homes with the rest of the family. He also tries to assist adults in the community who are troubled by drinking or drug use --arranging for them to get assistance at a treatment centre when this is appropriate.

Ken Severight and Delbert White Hawk started as counsellors this year, giving a real boost to the program. The three counsellors have been organizing workshops for everyone in Cote on a variety of subjects like how to deal with stress, lifeskills, alcohol abuse and native culture.

Plans for the program include helping to get "dry" social activities organized in Cote, and getting to more band members through home visits.

For further information:

Ross Cadotte
Saulteaux Centre
Cote Indian Band
P.O. Box 1659
Kamsack, Saskatchewan
S0A 1S0 306-542-3971

LITTLE PINE COUNSELLING PROGRAM

Three roads lead to Little Pine Reserve, where 600 band members live in a valley on the south side of the Battle River, 50 miles west of North Battleford. Except for a five-year stint in the cities of Calgary, Edmonton and Saskatoon, John Frank has spent all his life here.

For the last three years, John has been counsellor for the alcohol prevention program here and at nearby Poundmaker. He says that most of his day is spent on the road, visiting people in their homes to try and help them sort out problems caused by drinking or drug use.

John has got an A.A. group meeting once a week in the band office. And he also works with the elders in Little Pine, setting up cultural activities -- making everyone more aware of Indian values and traditions.

For further information:

John Frank
Little Pine Counselling Program
Little Pine Indian Band
P.O. Box 496
Cut Knife, Saskatchewan
S0M 0N0
306-398-4717

MAMAWI WECHIETOWN

Pelican Narrows is a beautiful reserve on a peninsula where three lakes meet, 150 miles from Prince Albert. Here the Peter Ballantyne Band opened up its own treatment centre in three trailers on the reserve this summer.

Steve Ballantyne, alcohol and drug program coordinator for the band, says they can handle about 12 people at a time for a 28-day period. The band has 2229 members in the communities of Pelican Narrows, Deschambault, Beaver Lake, Sturgeon Landing, Southend and Sandy Bay.

Working with Steve, Helena Bear, Sarah Ballantyne, Susan Custer and Edward Dorion have all been busy setting up the centre, as well as taking care of their other responsibilities of counselling and bringing to the communities educational material about alcohol and drugs.

For further information:

Steve Ballantyne
Mamawi Wechietown
Peter Ballantyne Band
Pelican Narrows, Saskatchewan
S0P 0E0
306-632-2125

SHELLBROOK INDIAN AGENCY ALCOHOLISM PROJECT

Gordon Williams doesn't want his friends and neighbours missing out on healthy productive lives, and he works with Douglas Joseph, Mike Fine Day, William Lewis, Douglas Williams, and Rhoda Ahenikew to try and prevent that from happening.

Based in Sandy Lake, Gordon coordinates the Shellbrook Indian Agency Alcoholism Project that covers 3000 native people living in Sandy Lake, Big River, Pelican Lake and Whitchekan Lake. All the reserves are within a 100-mile area west of Prince Albert. There is a counsellor living in each community, promoting awareness of the serious problems that can develop from using alcohol and drugs, and counselling band members individually, as families, and in groups. Anyone with a serious drinking problem who wants to quit is referred to either detox or treatment centres in Lloydminster, Lac La Ronge, Fort Qu'Appelle, Saskatoon or Bonnyville (in Alberta).

Gordon says Rhoda is setting up a program for the schools that will attempt to steer the kids in healthier directions.

For further information:

Gordon Williams
Shellbrook Indian Agency
Alcohol Project
P.O. Box 340
Carwood, Saskatchewan
S0J 0K0
306-468-2744

NATAMOWIN PROGRAM

Around Montreal Lake in central Saskatchewan, the Cree communities at Montreal Lake, Timber Bay and Little Red number around 1300 people, quite a few of whom still hunt and trap.

Gilbert Bird and Theresa Bird have been building the alcohol and drug program for the area over the last couple of years, and have directed a lot of their attention to the young people in these communities. At school, they show the kids films and talk to them about drugs and alcohol, and what other choices exist for them. The counsellors also make this information available to everyone in the communities through educational workshops.

Counselling has also become a major part of the program, with Gilbert and Theresa visiting band members at home; talking to groups and families, and visiting native people in prison.

For further information:

Gilbert Bird
Natamowin Program
Montreal Lake Band
Montreal Lake, Saskatchewan
S0J 1Y0
306-663-5636

FOUR BAND DROP-IN CENTRE

Joseph Crowe remembers what it's like to be troubled by alcohol. And those past experiences help him in his work as coordinator of the alcohol and drug program for the four bands of Cowessess, Ochapowace, Sakimay and Kahkewistahaw.

The reserves are close together around the town of Broadview in southeast Saskatchewan, about 100 miles east of Regina. Their drop-in centre is based in Cowessess and this is where the four-year-old program operates from.

Joseph says there is a growing level of awareness among the 3200 band members in the area of all the negative effects caused by drinking too much and taking drugs. People are also realizing there are lots of other things to do to enjoy themselves. And they have the good examples of their leaders to follow, with all four of the Chiefs in these communities leading sober lives.

Wilbert Aisaican, Mabel George, and Louis Kenney work as counsellors with the program, organizing "dry" activities, educational workshops, A.A. meetings, and counselling those experiencing difficulties caused by alcohol or drug use.

A school curriculum is being developed through the program, and the next project on the agenda is to get a library set up at the centre with all kinds of material on alcohol and drug abuse.

For further information:

Joseph Crowe
Four Band Drop-In Centre
Box 159
Broadview, Saskatchewan
S0G 0K0
306-696-3441

TOUCHWOOD DROP-IN CENTRE

A small place called Punnichy, in south-central Saskatchewan is at the heart of an operation that helps out any of the 4500 native people in the area who are affected by alcohol or drug abuse.

In Punnichy, the Touchwood Drop-In Centre has served the nearby Gordon, Daystar, Fishing Lake and Muskowekwan reserves for more than eight years. Glen Worm coordinates the centre, where native people drop by to enjoy themselves in a comfortable place free of alcohol and drugs.

In each of the communities, a counsellor lives and keeps in touch with the people on their reserve who are affected by their own drinking, a relative's or a friend's. The community counsellors are all trying to change people's attitudes about drinking and taking drugs by making them aware of the real risks involved. Films and discussions help demonstrate the dangers.

Through the centre and the program in the communities, band members are put in touch with treatment or detox centres when they are ready to take that step.

For further information:

Glen Worm
Touchwood Drop-In Centre
P.O. Box 484
Punnichy, Saskatchewan
S0A 3C0
306-835-9291

**BATTLEFORDS INDIAN HEALTH
CENTRE ALCOHOL PROGRAM**

Indian values and philosophy are at the base of all activities of the alcohol awareness and prevention program delivered through the Battlefords Indian Health Centre to more than 6000 native people living in and around the city of North Battleford.

Through the Centre and in the homes in the communities counsellors Alma King, Herman Bugler, Ron Thunder, Gord Swift Wolf, George Benson and Caroline Bush help individuals, families and groups of people try to understand and work out problems caused by alcohol or drug use.

Monday is A.A. night at the centre, and on Wednesday the centre sponsors an alcohol awareness get-together with speakers, films or discussions so that people can become more familiar with all the issues and problems affecting Indian people because of alcohol and

drugs. In the communities and through the health centre, counsellors also make the arrangements for anyone wanting to go to an alcohol treatment centre.

Marvina Albert joined the program last summer as the education worker and she has been developing a curriculum for the schools. A special project directed at the young people was conducted this summer, with four students making a video on alcohol and drugs from a teenage perspective.

For further information:

Alma King
Battlefords Indian Health Centre
Alcohol Program
Battlefords Indian Health Centre
P.O. Box 250
North Battleford, Saskatchewan
S9A 2Y1 306-445-5521

ONION LAKE DROP-IN CENTRE

Onion Lake Reserve, with its 1640 people, straddles the Saskatchewan/Alberta border about 30 miles north of Lloydminster.

During the daytime and evenings, anyone in the community is welcome to come by the Onion Lake Drop-In Centre to talk with counsellors there about alcohol and drug problems, or to socialize in an alcohol-free environment.

Shirley Harper coordinates the centre, where counsellors Dorothy Little Wolf, Jerry Layman, Yvonne Belly and secretary Dolores Waskewitch work to reduce alcohol and drug use among band members.

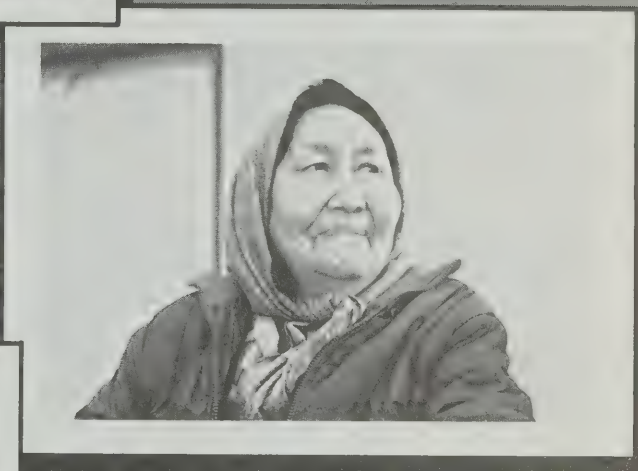
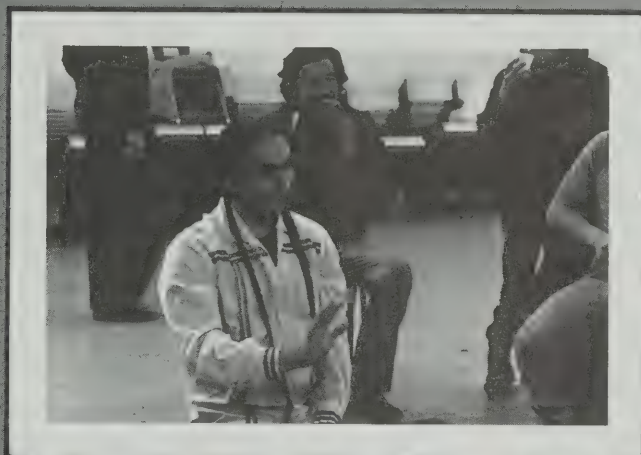
Counselling is one of the main program activities, with counsellors making home visits - talking to individuals and families having problems related to alcohol or drug use; and visiting the courts to lend a hand to native people in trouble because of drinking or using drugs. The centre also participates in the "fine options" program in which a person convicted of some alcohol-related offence can work in the community rather than pay a fine.

A.A. is well established in the community and counsellors also send band members to rehabilitation centres in Bonnyville (Alberta) or Qu'Appelle Valley, when that person wants to try to stop drinking.

For further information:

Shirley Harper
Onion Lake Drop-In Centre
Onion Lake Band
Onion Lake, Saskatchewan
S0M 2E0
306-344-2094

Manitoba Region



NI-WAUBUN-DAHN CENTRE

Charlie Nelson's way of helping his band find good health and sobriety is by reviving a neglected native culture and tradition. During the seven years he's been the alcohol worker at Roseau River, 50 miles south of Winnipeg, many cultural ceremonies have been brought back to the band's 600 members living on the reserve. Young people as well as the older band members take part in spiritual ceremonies, pow-wows and traditional games. Seeing this happen means a great deal to the band's elders who have started teaching about artifacts and history, as well as passing on skills like tanning.

Charlie also talks to the teachers, doctors and nurses about native culture so they can better understand the people they are teaching and treating.

Gordon James works with Charlie as a counsellor and has been building up resources and visual aids to assist them when they give talks and workshops. He is also the hockey coach and enjoys organizing sports and recreation activities for the band.

For further information:

Charlie Nelson
Ni-Waubun-Dahn Centre
Roseau River Indian Band
Box 30, Ginew, Manitoba
R0A 2R0
204-427-2139

KA-WEE-CHOO-WASIK ALCOHOL ABUSE PROGRAM

York Factory is a traditional band of 200 members in a small remote community on the Nelson River in northern Manitoba. People here have always trapped and hunted for a livelihood. But the river's changing water level has affected the wildlife, making it more and more scarce. Some band members work as carpenters and a few have jobs at the airport -- York Factory's link to the rest of the world.

Over the last four years an alcohol and drug abuse program has developed here, with Frank Wastesicoot working hard to make it successful. One outcome of his counselling has been several band members deciding to go for special help for their alcohol addiction to Cameron Lodge, the treatment centre in Thompson.

Frank regularly has film and discussion events to keep people informed about the effects of alcohol and drugs. To give the band's young people a chance to learn about these problems early on, he visits the school to show films and talk about drug and alcohol use, as well as other youth problems.

For further information:

Frank Wastesicoot
Ka-Wee-Choo-Wasik Alcohol
Abuse Program
York Landing, Manitoba
R0B 2B0
204-342-9910

PORTAGE FRIENDSHIP CENTRE ALCOHOL ABUSE PROGRAM

Gladys Cook is a mother to many people. For 25 years she has been working with problem drinkers and their families. And many people come to her for advice, including workers on the new drug and alcohol prevention programs on reserves in the area of Portage La Prairie, where she works.

Gladys and Gordon McIvor have run an alcohol abuse program out of the Portage Friendship Centre for seven years now. And between them a lot of ground is covered. They've been looking after not only the native community in the city, but also the surrounding communities of Sandy Bay, Long Plains, Swan Lake, Dakota Plains, Dakota Tipi, McGregor and Gladstone.

Gladys and Gordon travel to A.A., Alanon and Alateen meetings in these communities and organize film and discussion events. They talk over problems with families of heavy drinkers and also visit the detention home for boys and girls in town. If a heavy drinker decides they want to get special help at a treatment centre, Gordon and Gladys make the arrangements for them.

For further information:

Gladys Cook
Portage Friendship Centre Alcohol
Abuse Program
21 Royal Road South
Portage La Prairie, Manitoba
R1N 3L5
204-239-6333

DAKOTA TIPI BAND ALCOHOL/DRUG ABUSE PROGRAM

On a plain, near the Red River, the young and resourceful Dakota Tipi Band is settled. About 75 band members live on the small reserve where most people range in age from 18-30. Aside from jobs at the band office, construction work and special projects, some people work at the furniture manufacturing plant, the band's greenhouse or the bee-keeping business.

This reserve, just three miles from Portage La Prairie started their first alcohol and drug prevention program last year. Realizing the importance of employment to a person's dignity and self-image, Reva Gutnick, the program coordinator has been meeting with employers and job supervisors trying to make them more aware of the drinking problems that can threaten a person's job security. She's hoping that together they can work out better ways of handling problems and encouraging band members who have drinking problems to stay sober and keep their jobs.

Over the winter, Reva was at the school three times a week to see the children from kindergarden to grade six and teach them about healthy native living without drugs and alcohol.

As a newcomer to the community last year, Reva first went around to each house to introduce herself. She says band members have been very supportive and accepting of her, and people have now started to seek her out for help with alcohol and drug problems.

For further information:

Reva Gutnick
Dakota Tipi Band Alcohol/Drug
Abuse Program
P.O. Box 841
Portage La Prairie, Manitoba
R1N 3C3
204-239-6319

For further information:

Rose Daniels
Easterville Alcohol Abuse Program
Chemawawin Indian Band
Easterville, Manitoba
R0L 0V0
204-329-2161

**EASTERVILLE ALCOHOL ABUSE
PROGRAM**

Members of the Chemawawin Band at Easterville, 60 miles west of Grande Rapids and The Pas want to learn more about the effects of alcohol and drug abuse, and Rose Daniels wants to get that information to them.

At least 30 band members showed up for a two-day workshop during the winter that Rose had organized as the alcohol and drug worker for the band. Guest speakers were there, films were shown and discussion groups allowed the people to share their thoughts.

Rose is continuing this effort to keep community members better informed about all the effects of alcohol and drug abuse. She says another main part of her job is visiting throughout the community of 1000 people, to offer assistance and talk over problems related to drug and alcohol use.

**SANDY BAY ALCOHOL/DRUG
ABUSE PROGRAM**

Claudia Houle started talking with her Chief about five years ago about her concern over the growing problem of alcohol abuse on their reserve. And when the Chief and Council arranged to get funding for an alcohol counsellor at Sandy Bay, 60 miles north of Portage La Prairie, she was a natural choice for the job.

For about four years Claudia worked on her own, covering the Sandy Bay population of about 2000, as well as the surrounding métis population of about 500. This year, though, Brian McIvor and Patsy McIvor were hired as counsellors and the work load has become a little easier for Claudia.

The three counsellors work as a group with other workers in the health-related services for this community beside Lake Winnipeg. They've got an A.A. group going that meets twice a week. The

group organized a huge A.A. round-up on the reserve this year and people came from far and wide to meet one another, give support and have some fun. Claudia says their Alateen group is also coming along, with more and more young people getting involved.

Band members at Sandy Bay can look forward to at least one alcohol-free social every month, organized by the counsellors.

For further information:

Claudia Houle
Sandy Bay Alcohol/Drug Abuse Program
Sandy Bay Band
Marius P.O., Manitoba
R0H 0T0
204-842-2813

Walter is the band's alcohol and drug worker. Quite a bit of his time is spent visiting band members at home to talk over problems related to alcohol and drug use. And people also drop by his office in the community resource centre.

A special goal for the program this year is to make band members aware of the dangers of drinking during pregnancy, since most people don't know that the baby can sometimes be affected by this.

For further information:

Walter Cameron
Pembina Rehabilitation Centre
Box 276
Swan Lake, Manitoba
R0G 2S0
204-836-2152

PEMBINA REHABILITATION CENTRE

When school is out for the summer at the Swan Lake Reserve, 110 miles southwest of Winnipeg, the community of about 300 members has a big buffalo barbeque to celebrate. The band has its own herd of these rare animals, which roam the rolling countryside here.

And when the children are back in school, Walter Cameron works hard to make them understand what kind of a future drug and alcohol abuse will bring.

BLOODVEIN ALCOHOL/DRUG ABUSE PROGRAM

Where the Bloodvein River meets the east shore of Lake Winnipeg, about 500 members of the Bloodvein Band live in their fairly remote community. Band members work mainly on housing, roads and other band projects, as well as the hydro line.

Over the winter George Turtle and Emma Fisher received training as the new drug and alcohol workers for Blood

vein's first prevention program. They've started making home visits to band members who want to discuss alcohol and drug problems. And down the road they'd like to have a drop-in centre, where people could come by when they like.

George says setting up community activities that are alcohol and drug-free is the priority for their new program. They've already started film and workshop events for all band members to learn more about the effects of excessive use of alcohol and drugs. And their education program for the school is ready to start as well.

For further information:

George Turtle
Bloodvein Alcohol/Drug Abuse Program
Bloodvein Band
Bloodvein, Manitoba
R0C 0J0
204-276-9911

**NORWAY HOUSE RESOURCE
CENTRE**

In an old renovated schoolhouse at Norway House, between the Nelson River and the Jack River, Albert Ross, Valerie MacDonald and Harold Fontaine run the 10-year-old alcohol and drug program that covers about 5000 people in the area.

The three enjoy organizing social and cultural events, giving everyone in the community healthy things to do that don't involve alcohol or drugs.

The community's young people see the counsellors regularly at the schools, where they show films and talk to the kids about drug and alcohol use. A lot of the older people drop by the centre to talk over problems related to alcohol and drug use. And the counsellors visit the people's homes for similar discussions.

With guidance from these workers, the A.A., Alanon and Alateen groups meet regularly and are doing well.

For further information:

Albert Ross
Norway House Resource Centre
P.O. Box 345
Norway House, Manitoba
R0B 1B0
204-359-6971

**CROSS LAKE NATIVE ALCOHOL
ABUSE PROJECT**

Nora McLeod is happy to say she is starting to see some positive changes in her community of Cross Lake, 60 miles north of Lake Winnipeg. For four years, Nora has coordinated the alcohol and drug program in this remote community

populated by 3000 Cree and Métis. Together with Edith Paupanekis and Frank MacKay, she has been bringing the message about the far-reaching effects of alcohol and drug use to her people with films, group discussions and talks with individuals and families.

She says people are now aware of the dangers and are coming for help with addictions or related problems. Edith, Frank and Nora make arrangements for Cross Lake residents needing and wanting to go to a treatment centre for intensive care for their addiction. They also make sure they spend time with that person when they return home and need support in their efforts to lead a sober life.

Counselling takes them around the reserve and into the métis settlement, talking to families and individuals. And they also visit the schools to explain to the children the reasons why people drink and the harm it can bring. Their message is also carried on the local radio station, which airs programs they prepare.

The Cross Lake A.A., group has its own trailer where members meet regularly and a new Alanon group was started this spring.

For further information:

Nora McLeod
Cross Lake Alcohol Abuse Project
Cross Lake Indian Band
Cross Lake, Manitoba
R0S 0J0
204-676-2361

**ROLLING RIVER ALCOHOL/DRUG
ABUSE PROGRAM**

When the Rolling River Band had its first one-day community workshop this year on alcohol and drug use and their effect on native culture, 66 of the band's 350 members showed up. And Solomon McKay, the new drug and alcohol counsellor for the band, was surprised and happy by the great response. The reserve is on the Rolling River at Eagle Lake, 52 miles north of Brandon.

Solomon says personal counselling and bringing people information before drinking gets out of hand are two important parts of the new program. His plans include getting "dry" socials going, setting up a drop-in centre, and organizing some workshops where the women in the band can get together for discussions.

For further information:

Solomon McKay
Rolling River Alcohol/Drug
Abuse Program
Rolling River Band
P.O. Box 145
Erickson, Manitoba
204-636-2211

**DAKOTA REHABILITATION
PROGRAM**

Close to Brandon, in the southwest corner of Manitoba, the Sioux Valley

Indian Band of about 1000 members has a wide-ranged alcohol and drug program that meets the special needs of particular groups in the community, as well as offering a variety of services to the entire community.

A woman with children, for example, trying to quit drinking can go to a treatment centre and not worry about her children because the program arranges for child-care while she is away. There is also an effort to have the husband follow into treatment when the woman is back.

Prevention, alcohol education and follow-up are the keys to the program's success, says coordinator Wally Noel. Program workers help organize social and recreation activities in the community, giving people healthy alternatives to drinking or using drugs. And information is brought to the community about alcohol and drug effects through education workshops that sometimes feature speakers, and often have films and discussions.

Personal counselling and family counselling for people having a difficult time because of alcohol and drug use is a daily part of the program. There is also an effort to help individuals going for treatment prepare for that experience. The band's A.A. group meets regularly, providing support to all those trying to live sober lives.

For further information:

Wally Noel
Dakota Rehabilitation Centre
Box 117
Griswold, Manitoba
R0M 0S0
204-855-2547

OPASQUIA ALCOHOL/DRUG ABUSE PROGRAM

Spread over four communities in west-central Manitoba, The Pas Indian Band and the non-treaty native population total more than 3600 people. And the three-year-old Opasquia Alcohol/Drug Abuse Program serves these communities in The Pas, Big Eddy Reserve, Umpherville Settlement, and Young's Point.

Mary Jane Lathlin coordinates the program, which works with other social service group and agencies that assist the community, identifying problems caused by drugs and alcohol and working on ways to overcome them.

Counselling for individuals and families experiencing troubles caused by alcohol and drug use is provided through home visits and discussions when people drop by the office.

Monthly teen dances are part of an effort to get social activities going so that the young people can enjoy themselves without drugs and alcohol. And at school they learn about the effects of alcohol and drug use through workshops given by the program counsellors. The counsellors also bring in speakers and films to all the communities so everyone has a chance to learn more about the mental, physical and spiritual damage caused by too much drinking and drug use.

For further information:

Mary Jane Lathlin
Opasquia Alcohol/Drug Abuse Program
The Pas Indian Band
Box 297 The Pas, Manitoba
R9A 1K4 204-623-5483

**TADOULE LAKE ALCOHOL/DRUG
ABUSE PROGRAM**

You can't go much further north, or get more isolated in Manitoba than the Tadoule Lake Reserve. Hydro came to Tadoule Lake for the first time last November, and it was about then that a telephone was hooked up for the first time.

Nancy Powderhorn, the community's first alcohol and drug prevention worker, says it is a quiet place, with houses close together, near the lake. Churchill, Manitoba, is the closest community, 140 miles to the west, and can only be reached by air from Tadoule Lake.

Most families hunt and fish in this Cree and Chippewa community of about 250 people, which has been dry for more than a year now, since the people voted against having alcohol in the community.

Nancy says the people she will be working with are those with drinking problems that take them off the dry reserve into the towns of Churchill or Lynn Lake, 150 miles away.

Nancy has been planning socials for the community so people won't feel the need to pass their time drinking or using drugs.

For further information:

Nancy Powderhorn
Tadoule Lake Alcohol/Drug
Abuse Program
Tadoule Lake, Manitoba
R0B 2C0
0-Ring Down 6020

**NATIVE NORTH AMERICAN
TRAINING SUPPORT SYSTEMS**

For new native alcohol and drug workers going for the first time for training with the Native North American Training Support Systems, it may look like being accidentally inducted into the armed forces. Not that the training is all that rigorous, but because an old airforce base at Gimley, north of Winnipeg is used as a training centre.

In just one year the staff here has developed a training program, that offers many important courses for these workers like: how to do counselling; how to interview and assess people who might need treatment; and how to manage a program. For coordinators who must supervise other staff, there is a course on developing supervisor skills.

Tom Favel, program director' says that as they build this native-operated training program, they look for people going through the course who would make good trainers themselves.

Not all the courses are held at the old airforce base. Tom says they are trying to move the courses around the province to cut down on travel expenses for the community alcohol and drug workers. The association is also trying to get the universities in Manitoba to give university credits for the courses.

For further information:

Tom Favel
Native North American Training
Support Systems
274 Garry St.
Winnipeg, Manitoba
204-942-1293

**NATIVE ALCOHOLISM COUNCIL
OF MANITOBA**

Canada's windy city, Winnipeg, is a stop-off point for travellers going east and west. It has a large transient population

and one of the largest Native populations in Canada, ranging from 35 000 to 40 000.

For more than 10 years the Native Alcoholism Council of Manitoba has been lending a hand to native people here with alcohol and drug-related problems. The arm of the council reaches further to the city of Brandon, and the communities of Pine Creek, Waywayseecappo, Brokenhead, and Dauphin, covering more than 57 000 native people.

Prichard House, a 21-day treatment program for whoever wants special help with their addiction, is one of the many services offered by NACM. There are 14 beds for men and women at the centre.

Four counsellors work out of the Ma-ma-whey centre here, reaching out to the city's native population. They offer workshops on alcohol and drug use; group meetings like A.A. and Alonon; and make visits to people's homes when they feel there is a need to talk over their drinking or drug problems, or those of a family member or friends.

In each of the five communities outside Winnipeg there is an alcohol and drug abuse counsellor tending to the day-to-day needs of their reserve.

Oliver Bird says that over the years the NACM has learned that native people can learn about their culture as a way of overcoming drinking and other problems, and it can be more effective than most other forms of treatment. And this is an important part of the different programs they offer.

"It's a way of opening up doors to people", he says, "where they find ways of understanding themselves better".

Oliver says that knowing the culture often makes people aware of a spiritual part of them, which can help overcome difficult things like quitting drinking or using drugs.

The NACM has also developed a training program for its counsellors which gives them university credits.

For further information:

Oliver Bird
Native Alcoholism Council of Manitoba
203-865 1/2 Main St.
Winnipeg, Manitoba
R3W 3N9
204-947-1805

**MOOSE LAKE ALCOHOL AND
DRUG ABUSE PROGRAM**

About 50 miles north of The Pas, close to 1100 status and non-status native people live together in a beautiful forested area right on Moose Lake. A lot of people trap, hunt and fish for their livelihood here. Logging had provided jobs until the camp, 25 miles away, closed down last year.

As the new alcohol and drug abuse coordinator at Moose Lake, Leonard Nasekapow has been busy building up an active program. He has been in touch

with people working at the various social services agencies, schools and the R.C.M.P., so that they will refer to him the native people who are experiencing troubles because of alcohol or drugs.

Leonard is also gathering together pamphlets and other information aids that he can use at his education workshops. And he has been visiting people at home who want to talk about alcohol and drug problems.

Square dance lessons, volleyball and box socials are just a few of the recreation and sports activities under way at Moose Lake. These involve community members in healthy alcohol and drug-free pastimes.

For further information:

Leonard Nasekapow
Moose Lake Alcohol and Drug
Abuse Program
Moose Lake Band
Moose Lake, Manitoba
R0B 0Y0
204-678-2113

**POPLAR RIVER ALCOHOL AND
DRUG ABUSE PROGRAM**

Albert Bittern grew up in the isolated community of Poplar River, on the shore of Lake Winnipeg, about 200 miles north of Winnipeg.

Albert is worried about the young people in this fishing and trapping community of about 600 people being hurt and getting into trouble because of alcohol and drug use. Since becoming the first alcohol and drug worker for the reserve this year, he has given a lot of attention to them. He goes to the school to bring the kids information about alcohol and drugs that might help them understand the problems better, as well as be more careful about their own futures. At the same time, he has been getting sports activities going, so they have some healthy activities to choose from in their free hours.

Albert has also been making house calls when people want to talk about drinking or drug-use problems. He and the Chief and Council have also been looking at an empty house on the reserve as a possible drop-in centre for band members to have a place in which to socialize.

For further information:

Albert Bittern
Poplar River Alcohol and Drug
Abuse Program
Poplar River Band
Neegginan, P.O., Manitoba
R0B 1Z0
204-244-9900

**WATERHEN ALCOHOL/DRUG
ABUSE PROGRAM**

If people at the Waterhen Reserve aren't cattle ranching or fishing for a livelihood, there's a good chance they'll be

tending the wood bison. With an eye on the European market, the band set up a compound on the reserve for these rare creatures this year, creating several jobs for the people here.

A rough gravel road takes you the last 40-mile stretch to this central Manitoba reserve, about 250 miles northwest of Winnipeg, where about 400 people live beside Waterhen Lake, with rivers on both sides of the small reserve.

Larry Catagas took over as the alcohol and drug worker here this spring and his first goal was to set up recreation activities for the young people. He believes this is one way of preventing them from falling into using drugs and alcohol.

Larry's plans for the whole band include holding information workshops every two weeks, where people can learn, in the native language, more about what happens to the body and to a person's behaviour because of alcohol abuse. Setting up a drop-in centre where everyone in the community is welcome to spend time together, watching T.V., or playing cards is another goal.

For further information:

Larry Catagas
Waterhen Alcohol/Drug Abuse Program
Waterhen Band
Shownan, Manitoba
R0L 1Y0 204-628-3373

LITTLE GRAND (PAUINGASSI WEE-CHEE-I-TOOWIN) PROJECT

Mabel Leveque grew up in the isolated community of Little Grand Rapids, about 15 miles southeast of Lake Winnipeg, on the Manitoba/Ontario border.

You have to fly into this beautiful community of about 550 people living around Family Lake. Some of the families here still trap and hunt, for livelihood, and others work on band projects like housing.

Mabel was the only drug and alcohol counsellor worker for her band and nearby Pauingassi for two years, but recently Ezra Bushie and Jerry Crow became counsellors.

Mabel says it's important for people to have healthy things to do with their free time, particularly in communities with few recreation facilities. Mabel, Ezra and Jerry have set up all kinds of sports activities for the young people. Every Monday and Tuesday there is volleyball, floor hockey, soccer, or baseball. Bingos are held regularly for the band's adults.

During the day, the counsellors visit band members who ask for a hand in sorting out family troubles caused by drinking or drugs use. They also see the kids at the school where they show films and give talks about alcohol and drugs, so the young people have a better chance at living healthier lives.

For further information:

Mabel Leveque
Little Grand (Pauingassi
Wee-Chee-I-Toowin) Project
Little Grand Rapids Indian Band
Little Grand Rapids, Manitoba
R0B 0V0
204-397-2264

S.E.R.D.C. ALCOHOL AND DRUG ABUSE PROGRAM

Alice Hart is proud of the alcohol and drug abuse counsellors who work on seven reserves in southeastern Manitoba. Poplar River, Berens River, Little Black River, Little Grand/Pauingassi, Blood-vein, Hollow Water, and Buffalo Point haven't had an alcohol and drug abuse program for long, and the job of getting a program going is not an easy one.

"It's very difficult to get started," says Alice, "and you need a lot of patience. They've all come a long way in a short time. Each counsellor has worked very hard".

As coordinator of the Southeast Resource Development Council's (S.E.R.D.C.) Alcohol and Drug Abuse program, Alice's job is to help counsellors with training, program development and resources. The S.E.R.D.C. is an organization formed by the Chiefs of these reserves, who work together on the

common needs of their communities. The main objective of the S.E.R.D.C. alcohol and drug program is that in each community involved, the new program develops in a way that truly responds to what is needed in the community. And that is determined within the community itself.

For further information:

Alice Hart
S.E.R.D.C. Alcohol and Drug Program
Southeast Resources Development
Council
Room 201 - 511 Ellice Avenue
Winnipeg, Manitoba
R3B 1Y8
204-477-6050

trying to get two outdoor rinks set up. He says having things for people to do is an important part of preventing alcohol abuse.

Plans for the program include setting up regular school visits so the young people can be made aware of the effects of alcohol and drug abuse and have a chance to choose wisely for themselves.

For further information:

Jack Beardy
Split Lake Alcohol Abuse Program
Split Lake, Manitoba
R0B 1P0
204-342-2045

**SPLIT LAKE ALCOHOL
ABUSE PROGRAM**

When the highway reached Split Lake last year, the air strip and airport office shut down. Now the office is open again on this peninsula off the Nelson River in northern Manitoba, but this time it's for flying in alcohol prevention project, not airplanes.

Jack Beardy is the new alcohol worker for the three-year-old program at Split Lake. And setting up a drop-in centre in the large office is his first goal.

The band of about 1200 people has a community hall where bingo and other social activities are centred. Jack is helping organize these events and is also

**FOX LAKE ALCOHOL DRUG
ABUSE PROGRAM**

Marie Redhead grew up in Gillam before the huge hydro project was built, damming the powerful Nelson River, and leading to the building of a town up around the Fox Lake Indian community of about 350 people. The band has now decided to move to a new location back in the bush, and soon Marie will be running the alcohol and drug prevention program from the new reserve called Bird, 40 miles north of town.

The band's young people are the focus of this new alcohol and drug program. And Marie has set up an awareness program at the school where she shows films and talks to the young people about the dangers of getting too involved with

drugs and alcohol. She also works with the guidance counsellor, who knows which children are having problems.

Marie visits band members at home to help out with problems caused by drinking. She also shows films about drugs and alcohol at the band council office so that everyone interested has a chance to learn about their effects.

For further information:

Marie Redhead
Fox Lake Alcohol Drug Abuse Program
Fox Lake Band
Box 369
Gillam, Manitoba
R0B 0L0
204-652-2219

**GOD'S NARROWS NATIVE ALCOHOL
ABUSE PROGRAM**

When Joan Chubb and Ronnie James go to visit members of the God's Lake Band, as the community's alcohol and drug abuse counsellors, they often do it by boat or skidoo. On this reserve 2000 people are spread over several islands in the God's Lake area, which is only accessible from the outside by plane.

Joan and Ronnie have been trying to make the community members more aware of the effects of drugs and alcohol so people understand the danger to themselves, mentally and physically, and to their families and friends as well. To

do this they've been showing films at their drop-in centre and having group discussions afterwards.

In a more informal way, people drop by the centre for coffee and discussions often get around to problems with alcohol and drug abuse. The counsellors visit individuals and families at home for more private discussions.

Plans include starting up organized sports to keep the young people entertained in healthy activities like volleyball, baseball and floor hockey.

For further information:

Joan Chubb
God's Narrows Native Alcohol
Abuse Program
God's Lake Band
God's Lake, Manitoba
R0B 0M0
204-335-2127

**HOLLOW WATER ALCOHOL/DRUG
ABUSE PROGRAM**

When Valdie Seymour was 16, he left his home in Hollow Water and went to Winnipeg, 140 miles south. After 19 years he had had enough of the city and returned home, where he now works as the alcohol and drug counsellor for the 550 band members, and the 1200 métis in the area.

Hollow Water community leaders are carefully planning how their community develops. And Valdie works along with the recreation, culture, education and housing committees; the chief and council; the CHR; and teachers and elders.

One of the first things Valdie did as counsellor for the band's alcohol and drug program was set up an A.A. group, which now meets regularly in one of the old schools. Program plans include setting up a drop-in centre in a trailer left behind by a construction crew.

Valdie spends a lot of time visiting band members at home and invites everyone to drop in to his office anytime to talk over alcohol or drug related problems.

The Sagkeeng treatment centre at Fort Alexander reserve is just 45 miles away and is used by band members needing special help with drinking and drug problems.

For further information:

Valdie Seymour
Hollow Water Alcohol/Drug
Abuse Program
Hollow Water Indian Band
Wanipigow, Manitoba
R0E 2E0 204-363-7278

**NELSON HOUSE ALCOHOL
ABUSE PROGRAM**

As the Alcohol Abuse Program continues to grow at Nelson House the five-year-old program here is being nourished with the wisdom of elders. Madelaine Linklater and Wellington Spence are counsellors for the program and Madelaine says they talk frequently with their elders and receive advice on what to do with the program, which serves the 2000-member population in this community, 60 miles along the highway from Thompson.

Madelaine and Wellington work closely with other individuals and agencies providing services to their community. Their daily routine involves home visits but one of them usually stays back in the office to be available to any band member dropping by or phoning in.

Self-help groups like A.A. and Alanon meet regularly at Nelson House and the counsellors encourage band members to take part in recreational, cultural and other activities where people get together to enjoy themselves without alcohol or drugs.

For further information:

Madelaine Linklater
Nelson House Alcohol Abuse Program
Nelson House Indian Band
Nelson House, Manitoba
R0B 1A0
204-484-2332

MARIA PORTAGE EDUCATION CENTRE

In the beautiful Island Lakes region of eastern Manitoba, four native communities have had a joint alcohol and drug abuse program for seven years now.

With a total population of about 5000, St. Theresa Point, Garden Hill, Wassagamash and Red Sucker Lake each have a counsellor in the community organizing recreation activities and self-help groups like A.A., Alanon and Alateen.

Awareness of the native culture is stressed through the program and is part of the alcohol and drug information program counsellors bring into the schools. Counsellors often bring in people from other communities who are knowledgeable about different subjects for the community workshops on alcohol and drugs.

Noel Harper is the director of the whole program based in St. Theresa Point. His job includes training the community counsellors; helping them when they need a hand, and providing them with resource materials like films and pamphlets.

For further information:

Noel Harper
Maria Portage Education Centre
St. Theresa Point, Manitoba
R0B 1J0
204-462-2011

SAGKEENG AL-CAR CENTRE

In an old converted schoolhouse on the Fort Alexander Reserve, hundreds of native people from all over Manitoba have come for special help with their drinking or drug problems. The Sagkeeng Al-Care Centre, was set up on this reserve right next to Pine Falls, 85 miles north of Winnipeg, about seven years ago.

Perry Fontaine, director of the Centre, says the 20 staff people provide a 28-day treatment program to any native person needing help. And there is room for 22 people at a time.

The first week at Sagkeeng is spent learning about the deep effects of alcohol or drugs on the individual's body, mind and spirit. During the second stage of treatment the counsellors go over the reasons that have contributed to each person's addiction and how they have been affected by it.

The next important part of the program focusses on culture and native spirituality. Perry says elders speak to clients and ceremonies are attended to help each person understand themselves better through their own culture.

Finally time is spent preparing each person to go back to their own community and to avoid some of the problems that have contributed to their using alcohol or drugs in the first place.

Knowing what to expect and where to get help and support is critical for a person attempting to start a whole new way of living, says Perry.

For further information:

Perry Fontaine
Sagkeeng Alcohol Rehab Centre
Box 508
Pine Falls, Manitoba
R0E 1M0
204-367-8675

**SHAMATTAWA NATIVE ALCOHOL
ABUSE PROGRAM**

About 50 miles south of where the Nelson River meets Hudson Bay the Shamattawa Band has settled at the place where God's River joins Waterlily and Echoing Rivers.

Shamattawa is fairly isolated, having set up radio communication for the first time last year. Air service is available for any of the 600 band members wanting to go in or out of this community, 700 miles northeast of Winnipeg, three times per week.

Since March, Muriel Orr has been setting up a new alcohol and drug abuse program for this Cree community. A group meeting is scheduled every week where everyone who is trying to quit drinking can get together to offer each other encouragement and support. A women's group has also been formed, and the particular problems women face that are

related to alcohol and drugs are discussed and each individual's sobriety is celebrated.

More than half of the Shamattawa community is of school age and Muriel has started a program in the schools to let the young people know about the dangers of gas sniffing, drinking and taking drugs. Plans for the program include developing and expanding this program in the schools. Education for the whole community through films and discussions about alcohol and drug abuse is another important part of this new program.

For further information:

Muriel Orr
Shamattawa Native Alcohol
Abuse Program
Shamattawa Band
Shamattawa, Manitoba
R0B 1K0
RING DOWN 6020

**DAKOTA OJIBWAY TRIBAL
COUNCIL NATIVE ALCOHOL
ABUSE PROGRAM**

The Dakota Ojibway Tribal Council (D.O.T.C.) Native Alcohol Abuse Program has developed into a nerve centre for alcohol and drug abuse programs at the Birdstail Sioux, Long Plain, Oak Lake, Dakota Plains, Sioux Valley, Swan Lake and Roseau River reserves in south-central Manitoba.

Each of these communities has an alcohol and drug counsellor who talks over alcohol and drug-related problems with the band members; organizes A.A. activities; arranges for special care at a treatment centre when someone needs it, and organizes alcohol awareness events for the band members.

Dave Summerville coordinates the D.O.T.C. alcohol abuse program, which aids these workers with special training sessions; helps with the business side of running a program, and gives a hand with developing each individual program so it meets the needs and wishes of band members.

The program also helps with any special problems that might come up. They have the experience to guide the new community-based projects along.

For further information:

Dave Summerville
D.O.T.C. Native Alcohol Abuse Program
702 Douglas St.
P.O. Box 322
Brandon, Manitoba
R7A 5Z2
204-725-3560

**INTERLAKE RESERVES TRIBAL
COUNCIL NATIVE ALCOHOLISM
PROGRAM**

The Chiefs of the eight reserves in the Interlake area west of Lake Winnipeg got together five years ago to deal with the issues and concerns common to all the

bands. They formed the Interlake Reserves Tribal Council (I.R.T.C.) and one of their first actions was establishing an alcohol program for members of all the bands.

Until this year a director and two counsellors were covering the bands of Fisher River, Pequis, Jackhead, Lake Manitoba, Fairford, Little Saskatchewan, Lake St. Martin, and Dauphin River --an area of about 60 miles with a population of around 3480. Today each community has a counsellor, building a stonger community-based alcohol and drug program.

Eric Robinson is the new Director of the I.R.T.C.'s program. He provides training for these new counsellors; helps them set up their individual programs, and provides them with resources that can help them keep band members better informed about native culture and how alcohol and drugs break it down.

For further information:

Eric Robinson
Interlake Reserves Tribal Council Native
Alcoholism Program
Box 218
Ashern, Manitoba
R0C 0E0
204-942-0788

**LITTLE BLACK RIVER ALCOHOL
AND DRUG ABUSE PROGRAM**

For the Star family at Little Black River, fighting alcohol and drug abuse is

a family affair. Mabel has been the band's alcohol and drug worker for over a year now, and her husband drives 28 miles to Fort Alexander every day, where he works as a counsellor at the Sagkeeng Al-Care treatment centre.

This reserve of about 250 people is spread out between the O'Hanley and Little Black rivers, about seven miles from Lake Winnipeg.

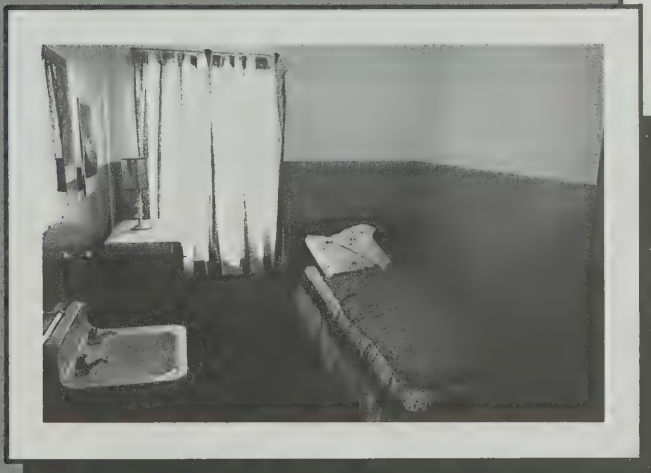
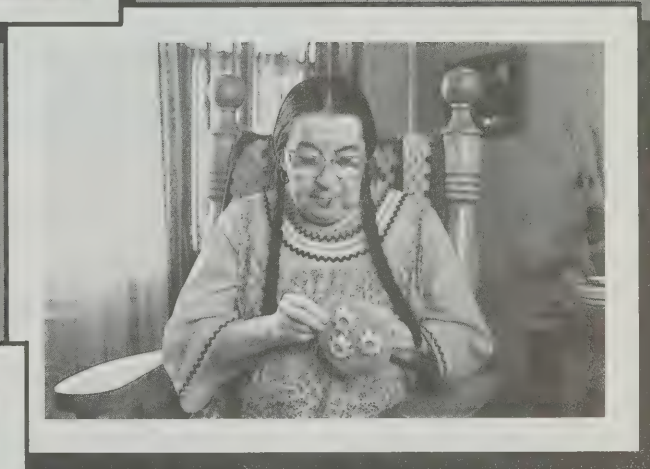
Mabel has organized a sports and recreation program to keep the young people busy in the evenings playing basketball and floor hockey. And she's hoping to get a weekend drop-in centre set up in an old school on the reserve.

The A.A. group here meets every Monday. And any band member wanting to go for addiction treatment is usually sent to nearby Fort Alexander.

For further information:

Mabel Star
Little Black River Alcohol and Drug
Abuse Program
Little Black River Reserve
O'Hanley P.O., Manitoba
R0E 1K0
204-367-2256

Ontario Region



BEENDIGEN INC. ALCOHOL PROGRAM

When violence in her own home endangers a woman's safety or causes her to fear for the safety of her children, there isn't always anywhere else for her to go. Lack of money and working skills can make it seem impossible for her to support herself and her children alone. Fear of being found and punished for leaving by a violent husband; lack of protection by laws and authorities, and worry about what friends and family will think, are just a few of the reasons that thousands of women in this country continue to live in violent situations.

Mainly in the cities, emergency shelters are now being set up, as governments, funding agencies and community groups are starting to recognize the high number of women in this terrible situation.

Beedigen Inc., in Thunder Bay, is one of these crisis homes specifically set up for native women and their children. Women come to the nine-bed home from anywhere between Mobert and Kenora, and stay temporarily while they sort out their problems with the help of counselors. Here, in a safe homelike setting, a woman has a chance to decide what she wants to do -- be it return home, or find a new place to live. Staff are always there to aid in helpful and supportive ways.

Almost every one of the women using Beendigen are there because of some alcohol related problem - a husband's, a parent's, an older child's, or her own. In the afternoon every weekday, Elsie King, the alcohol counsellor at the house has individual counselling sessions with the women. She takes those who are interested to A.A. meetings in town and also makes weekly visits to women who have left the house and are living in Thunder Bay. As well as organizing films and workshops on health, native culture, nutrition and other topics for residents and former clients, Elsie tries to get the women out to social activities.

For further information:

Margaret Wabegijig
Beendigen Inc.
239 N. Syndicate Ave.
Thunder Bay, Ontario
P7A 3W6
(807) 622-5101

HERON BAY ALCOHOL PROGRAM

Back in 1975, some members of the Heron Bay Reserve got together to discuss alcoholism and drug use that were hurting individuals and families in this northern community of 300.

In 1980 an A.A. group got going and five people actually went 200 miles away for treatment at the Smith Clinic in Thunder Bay.

Now, Heron Bay has its own full-time alcohol and drug worker, Dolores Couchene, who is available at any time to support and counsel band members and their families battling drug and alcohol dependence. Dolores and a part-time worker, Patricia Desmoulin, have organized support groups and are putting together workshops to keep the community better informed about what drugs and alcohol abuse can do to a person's life and the lives of the people close to them.

Dolores says she's hopeful that the opening of three gold mines in the area will bring a boost to Heron Bay, with jobs and possibly other opportunities. The opening of a new national park right at the reserve is also expected to contribute to some changes at Heron Bay.

For further information:

Dolores Couchene
Heron Bay Alcohol Program
Pic 50 Heron Bay Band
Heron Bay, Ontario
P0T 1R0
807-229-1326

**NORTH SHORE ALCOHOL/DRUG
PREVENTION PROGRAM**

On the north shore of Lake Huron between the cities of Sudbury and Sault Ste. Marie, three Ojibway reserves have been working together on a new drug and alcohol program since last summer. And while the program may be new, working together is old hat to the workers at Spanish River, Serpent River and Mississaugi. The seeds for this joint venture were sown a few years back when they all got together to form a joint health board, and through that a few individual volunteers started helping people in their communities to stay sober.

Now, there is a worker in each community for the new program, which is based in Spanish River. Onelda Jacobs, the field worker at Serpent River, says she, Catherine Owl, the program director from Spanish River, and Gary Stevens, the field worker from Mississaugi, have been taking a lot of training themselves to develop and polish the skills it takes to be a good counsellor and to help others learn to deal with the problems and obstacles in their lives.

Catherine says they are working with the schools, preparing educational material about alcohol and drugs that will prevent the children from getting involved with these things.

The combined population of the reserves is about 1900.

For further information:

Catherine Owl
North Shore Alcohol/Drug Abuse
Prevention Program
Spanish River Band of Ojibways
P.O. Box 429
Massey, Ontario
P0P 1G0
705-865-2595

**ASSOCIATION OF IROQUOIS AND
ALLIED INDIANS (A.I.A.I.)
NEEDS ASSESSMENT**

An Indian operated alcohol and drug treatment centre for native people situated in a central spot in southern Ontario, sounds like a dream to the ears of the NNADAP drug and alcohol workers in this area. Whether or not such a centre would be possible and practical, and just how it would operate are some of the questions the Association of Iroquois and Allied Indians (A.I.A.I.) is looking into right now.

Most alcohol and drug workers in the projects seem to feel they are able to assist drug and alcohol dependent people in identifying their problems, and in taking some action. But when the action required is the going to a treatment centre, facilities are not always available in close proximity to a community.

And many people needing this help are understandably resistant to travelling far from home for treatment.

A.I.A.I.'s first step is to look at the resources and skills that already exist and the type of treatment necessary, based on just who the clients would be. For example, if the majority of people were young and single, their needs would be different from older people or those with dependants; and if the clients were a mixed group, then the program and facilities would have to accommodate such people.

By talking to the workers in the projects to find out just who is seeking help, and by talking to people at other agencies and organizations, they hope to find out what the needs of these people are.

For further information:

Association of Iroquois and Allied Indians
Needs Assessment
920 Commissioner Road East
London, Ontario
N5Z 3J1
519-681-3551

**CANADIAN NATIVE INDIAN
COMMITTEE ON ALCOHOLISM**

Cree and Ojibway tapes and pamphlets on alcohol and drugs are available thanks to the workers in Thunder Bay at the Canadian Native Indian Committee on Alcoholism (C.N.I.C.A.).

Since 1976, they have been translating much of the English material available from Alcoholics Anonymous organizations, and the Addiction Research Foundation, and lending the tapes they make to any native group needing them. Quite a few isolated northern communities have made use of this great service.

Mike Morrison and Patsy Mainville do most of the translation, and together with the project coordinator, Germaine Dean, they also deliver an alcohol and drug prevention program very similar to most of the other community-based projects.

Counselling and referrals for treatment are offered to the large urban Thunder Bay native population of about 10 000. Dances are organized for young native people in the city, many of whom have started to drop into the centre.

Community education workshops on the signs and treatment of alcoholism are also offered to native people in Thunder Bay and on reserves in the surrounding area.

For further information:

Germaine Dean, C.N.I.C.A.
116 S Syndicate Avenue Room 1
Thunder Bay, Ontario
P7E 1C6
807-623-0964

PARRY ISLAND ALCOHOL PROGRAM

Just 100 feet of water separate Parry Island from the mainland midway down the east shore of magnificent Georgian Bay. The town of Parry Sound is a mile away.

In the heart of this booming tourist area, the 270-member Parry Island Band is involved in the trade with a marina and in leasing about 240 lots.

A new drug and alcohol program has started here and also covers the reserves of Henvey Inlet, 55 miles to the north with its population of 105, and Moose

Deer Point, 50 miles to the south, with its population of about 80.

Ed Williams is just setting up the program -- making contact with people at agencies and organizations involved or interested in the prevention and treatment of alcohol and drug abuse. Ed is also gathering information and materials that will help in making the communities aware of the dangers and effects.

In spite of its short existence, Ed says he has already been approached by some band members who are serious about wanting to quit drinking.

For further information:

Ed Williams
Parry Island Alcohol Program
Parry Island Indian Band
P.O. Box 116
Parry Sound, Ontario
P2A 2K3
705-746-2531

RED GUT ALCOHOL PROGRAM

Band counsellors say that knowing there is now a worker in their community to help deal with alcohol and drug abuse problems will bring an important sense of security to the Nicickousemene Caning Band at Red Gut Reserve.

About 140 people live at Red Gut, 25 miles east from the Minnesota/Ontario border town of Fort Frances.

Gilbert Kelly, the new drug and alcohol worker here, is busy planning programs with the band counsellors, the recreation committee, the welfare worker, the community health representative, and the Friendship Centre worker in Fort Frances. Together they are mapping out ways to increase awareness of band members about what alcohol and drugs do to the mind and body of a person and to their family and friends. Gilbert will also be busy organizing community and social activities on the reserve that will give the adults and children healthy things to do instead of relying on drugs, liquor and solvents.

For further information:

Gilbert Kelly
Red Gut Alcohol Program
P.O. Box 68
Fort Frances, Ontario
Bears Passage P9A 3M5
Routing Mark: 807-326-0036

MAGWA GANI GAMING (RAINBOW LODGE RECOVERY CENTRE)

In an old nun's residence at the Wikwemikong Reserve, there are seven bedrooms with seven different names. Each is named after the nearby reserve village which furnished it for the native people who stay there while taking treatment at Magwa-Gani-Gaming (Rainbow Lodge Recovery Centre) for their alcohol or drug problems.

Since 1976, the Lodge has been providing treatment to anyone with a drug or alcohol problem at Wikwemikong and the five other reserves on beautiful Manitoulin Island in Lake Huron. The island population is about 3200.

The lodge now has a staff of nine and offers 32 different programs and services to the community, ranging from an intensive six-week treatment program for those with severe alcohol and drug problems, to dancercise and personal grooming classes, and a special youth program encouraging good physical, emotional and spiritual development.

The six-week treatment program includes spiritual counselling, native culture enrichment and personal development. Based on the 12 steps of A.A., it also includes alcohol and drug education, as well as sober community interaction.

Program director Bea Shawanda and the staff are doing what they call "treating the environment" at Wikwemikong. It is their belief that getting as many people involved in the community as possible builds a healthier environment for everyone, including those struggling to be free of alcohol and drug addictions.

"In residence treatment alone is not enough", say Bea. An incredible stable of 50 volunteers from the community, who have been trained by the staff, help out with the different programs.

For further information:

Bea Shawanda
Magwa Gani Gaming (Rainbow Lodge
Recovery Centre)
Box 81
Wikwemikong, Ontario
P0P 1G0
705-859-3837

RAT PORTAGE ALCOHOL PROGRAM

It used to be muskrat that used the Rat Portage Reserve to cross over on their trek from the Winnipeg River to the main channel of Lake of the Woods. And that is how the reserve got its name.

In modern times, however, it is the tourists and vacationers who use the reserve and its new marina to give themselves and their boats access to the channel.

The reserve, of about 250 people, is just a couple of miles away from Kenora and through it passes a great deal of tourist traffic.

Steve Skead, who is working on the new alcohol and drug abuse program here, wants to give band members - particularly the young - interesting things to do in their spare time that don't involve alcohol or drugs. To achieve this, a good recreation program is being developed.

Regular A.A. meetings have started and meetings with police, jail staff and hospital staff have begun so an attempt can be made to help the people who are having troubles with authorities or with their health because of alcohol or drug use.

Steve gets a lot of help and advice from the band counsellors and other reserve committee members here, who are all quite interested in exploring the idea of having a native treatment centre on the reserve where Indian languages would be spoken.

For further information:

Steve Skead
Rat Portage Alcohol Program
Chiefs of Rat Portage Band
Box 1850
Kenora, Ontario
807-548-5663

SHOAL LAKE BAND NO. 40 ALCOHOL PROGRAM

Walter Redsky will tell you that after five years some regularity has been achieved in the alcohol and drug abuse program at Shoal Lake No. 40, on the Ontario/Manitoba/Minnesota borders.

If someone wants to dry out, Walter arranges a four-day stay at a detox centre in Kenora. Then the person can see one of two doctors who work with the program, if they are interested in getting further treatment. The doctor decides if they should enter a two-week treatment program at the hospital, or take treatment elsewhere. The next step involves a half-way house in Kenora where a person can stay for two or three months to build the strength to try and stay away from liquor. And finally, when they are back home on the reserve, Walter works with the band council to try and find them a job.

Walter visits people in their homes who are trying to stay sober, or need to talk about alcohol problems. And children on the reserve see him once a month when he drops in to the school to talk to them.

For further information:

Walter Redsky
Shoal Lake Band No. 40 Alcohol Program
Kejick P.O.
Shoal Lake, Ontario
P0X 1E0
807-733-2250

KAYAHNA AREA COUNCIL ON ALCOHOL AND DRUG ABUSE

In the northern reaches of Ontario and as far as Hudson Bay, the Kayahna Area Council on Alcohol and Drug Abuse has been running a program since 1975 for its seven communities.

Much like its neighbour Windigo, Kayahna's communities are far apart and you need an airplane to get from one community to another. Many speak bush Cree, the mixture of different dialects of Ojibway and Cree.

It is recognized that "young people are the future" here. And workers take great care in trying to make the young aware of what alcohol and drugs can do to them. Pride in their native culture and traditions is emphasized through recreational and cultural activities involving elders, and which are organized as healthy alternatives to alcohol and drugs.

"We also want to prepare our kids for the city", says Ivan Sakakeep, one of the counsellors. Children here, who have grown up in isolation, must travel hundreds of miles and be away from their families for long periods for education beyond grade eight.

"We don't want them turning to alcohol and drugs to escape their problems in the cities", says Ivan.

The communities of Kayahna, Big Trout Lake, Fort Severn, Kingfisher, Wunnumin, Angling, Kasabonika and Long Dog Lake have a total population of about 2350.

There is an alcohol and drug worker for almost every community. Staff produce radio programs, organize self-help groups, and work with the different band committees for education, recreation and health.

For further information:

Daniel Cutfeet
Kayahna Area Council on Alcohol and
Drug Abuse
Big Trout Lake Reserve
Big Trout Lake, Ontario
P0V 1G0
807-537-2265

**CONSTANCE LAKE ALCOHOL
PROGRAM**

Constance Lake is buzzing with more than the sound of the two saw mills there. Midway between Lake Superior and James Bay, Constance Lake is a busy reserve that has been running most of its own affairs for quite a few years.

A saw mill on the reserve and another close by employ about 100 of the reserve's 700 population. And the CN line which passes by also provides some jobs.

To make sure people stay working, Louis John George, the alcohol and drug worker at Constance Lake works closely with the reserve's employment counselor and mill supervisor. When a person's drinking starts interfering with their job, they all try to work it out with the drinker.

The program at this reserve, 26 miles from the closest town of Hearst, is young, but people are showing a lot of interest, says Louis John. Particularly popular are the film nights, which feature movies about what alcohol and drugs do to people. Louis John is also there as a counsellor to talk to anyone with a drug or alcohol problem and to anyone affected by another's drinking or drug use. A.A. meetings are also part of the program at Constance Lake and plans are in the works for school visits as well.

For further information:

Louis John George
Constance Lake Alcohol Program
Constance Lake Band No. 92
Constance Lake Reserve
Calstock, Ontario
P0L 1B0
705-337-4511

**PEHTABUN AREA COUNCIL ON
ALCOHOL AND DRUG ABUSE**

Airplanes and airwaves carry the message about drug and alcohol to six isolated northern communities under the Pehtabun Area Council on Alcohol and Drug Abuse, more than 200 miles north of Sioux Lookout in northern Ontario.

Workers charter planes to fly in to Pikangikum, North Spirit Lake, Poplar Hill, and McDowell Lake which are all about 40 to 90 miles from the program base in Sandy Lake where about one-third of the 3000 population of these

communities live - as do four of the five staff people on the project. Deer Lake, 42 miles away, has a counsellor living there.

Programs prepared by project staff about glue sniffing, marriage problems, cultural and spiritual matters and what happens to people with drug and alcohol addictions are carried by the community radio station.

Apin Kakegemic, director of the eight-year-old program says it's difficult to always be there when someone might be needing help or counselling. The field workers do what they can while they are visiting a community but there is no way of dealing with crisis situations or individuals who need regular ongoing counselling. Mainly the field workers try to increase everyone's awareness with films, workshops and school presentations, so people are better equipped to help themselves.

For further information:

Apin Kakegemic
Pehtabun Area Council on Alcohol
and Drug Abuse
C/O Sandy Lake Indian Band
Favourable Lake Post Office
Sandy Lake, Ontario
P0V 1V0
807-774-1049

**WINDIGO PROJECT
DEVELOPMENT AREA**

Bush Cree, a mix of Ojibway and Cree, is what most people from the Windigo area in northern Ontario speak. Windigo is made up of six isolated northern communities sharing in the drug and alcohol program. Most are quite far from one another and people must fly to get from community to community. Weagamov Lake, Muskrat Dam, Bearskin Lake, Sachigo Lake, Cat Lake and Osnaburg each have a local counsellor.

Here the fight against the problems of alcohol and drugs is seen as the fight to regain pride and dignity as Indian people. And assistance from elders to reintroduce cultural ceremonies, beliefs and values is the way they're trying to achieve this.

For about two years the workers in each community have been visiting homes, helping people and families with troubles caused by drugs and alcohol. They have been organizing community activities that emphasize culture and tradition so that there are things to do that don't include alcohol or drugs, and that give people pride.

Some of the communities have organized A.A. meetings and everyone works with the other community groups both getting help and giving help.

For further information:

Isaac Beardy
Association of Windigo Chiefs
Meagamow Lake, Ontario
P0V 2Y0
Routing Mark: 807-469-6581

GULL BAY

Gene Nowegesick says he is the living proof that the alcohol and drug program at Gull Bay is working. Gene, the program director, was one of the first to seek help through it.

Close to 300 people live on this reserve, on Lake Nipigon's west shore, 130 miles north of Thunder Bay. The program here concentrates on arranging treatment and detox for those who want it, and providing support for those trying to leave liquor and drugs behind them, with self help groups, A.A., and home visits.

Encouraging recovering alcoholics to get active in the community is something Gene and Mabel Rioux (the other counsellor) do to set good examples for others to see, and to help build the self-worth that comes from being a helpful member of the community.

For further information:

Gene Nowegesick
Gull Bay Alcohol Program
Gull Bay No. 55
Gull Bay, Ontario
P0T 1P0
807-982-2217 or 2101

ANISHINABEK

Indian, or good human being, is the meaning of Anishinabek. This is the name given to the six-year-old drug and alcohol program of the Long Lac Band No. 58, about 75 miles north of Lake Superior. About 450 of the 700 band members live on this reserve on Long Lac's north shore.

Over the years, Allan Towegishig, the program counsellor, has built good relations with the people he must work with to make the program successful. He started inter-agency meetings with those who deal with native people in problems or crisis situations, like police, probation officers, children's aid workers, community health representatives and doctors at treatment centres. In this way everyone can better understand why some of the problems develop in the first place, and they can work together to try and sort them out.

As well as arranging treatment for those who want and need special help with drinking and drug problems, Allan tries to provide the support people need afterwards, with personal visits and self-help groups like A.A.

For further information:

Allan Towegishig
Anishinabek
Long Lac Band No. 58
P.O. Box 587
Long Lac, Ontario
P0T 2A0
807-876-4709

KEEWATINOOK ALCOHOL ABUSE PROGRAM

If you take the train as far north as it goes in Ontario, you arrive at a town called Moosonee on James Bay in north-eastern Ontario. From there you can take a boat in summer, or a skidoo or helicopter in winter, to the island just 2.5 miles away, where most of the Moose Factory Band's 3000 people live.

With a hospital right on the island and other government services in the area, employment is fairly high. Goose hunting, guiding, fishing and fire fighting also provide jobs for the Cree community at Moose Factory.

Since the program started in 1980, Geraldine Nadjiwan has worked on the drug and alcohol abuse program called Keewatinook - which means north. Geraldine, two counsellors and one office worker run a community education program on alcoholism and drugs, using films, books, radio programs and workshops. They also give weekly lessons at the local schools for grades 4-12.

Social and recreational activities for the band, organized by the staff, provide healthy alternatives to drinking, sniffing gas and using drugs. And planned activities include a weekly girls' cultural group, an annual elder/youth gathering, traditional dance socials and a drumming group.

Referral to treatment centres and follow-up care are also provided by the staff. Geraldine would like to see an

isolated treatment facility near Moose Factory one day, where wilderness and survival skills would be an important part of treatment and putting alcohol and drug-troubled native people back in touch with their roots and traditions.

For further information:

Geraldine Nadjiwan
Keewatinook Alcohol Abuse Program
P.O. Box 5
Moose Factory, Ontario
P0L 1W0
705-658-4674

CHIPPEWAS OF RAMA ALCOHOL PROGRAM

Once a month, Elder Dora Benson crosses the road from her house to the Rama Band office to sit on the Alcohol and Drug Committee, which assists and advises Ed Williams, project coordinator for the drug and alcohol program on the reserve.

Chippewas of Rama, with its population of about 300, sits on calm Lake Couchiching, east of Georgian Bay and seven miles from the nearest town of Orillia.

The program at Rama is also available to the large Metis and non-status population of about 2000 in the area. Since it got going last November, the program has organized recreation activities like floor hockey and bingo for young people to give them something to do that doesn't involve drugs or alcohol.

"The message has started to get around", says Ed. "There is a lot of interest from everyone". A new A.A. group has started weekly trips to join Orillia's A.A. group until they get their own going on the reserve. Ed counsels those asking for help in sorting out their drinking or drug problems and has referred people for treatment to Pedahbun Lodge in Toronto and to a program for problem drinkers at the Mental Health Centre in Pentaguishene.

The program also works with other agencies set up to aid people in the area.

For further information:

Ed Williams
Chippewas of Rama Alcohol Program
Rama Road Post Office
Rama, Ontario
L0K 1T0 765-325-3611

PIMATIZIWIN

Pimatiziwin means way of life, and expresses the Big Island Band's desire to return to a normal Indian way of life without alcohol or drug abuse.

Big Island Band members are traditionally lake dwellers, but the small on-reserve community of about 100 has been living on swampy land about five miles inland from Lake of the Woods for

several years now. However, this summer the whole band is resettling at a beautiful spot right of the lake.

Wesley Big George, program worker for the young drug and alcohol program here, has started regular A.A. meetings and an Alateen group. Activity nights are organized according to whatever people on the reserve want in the way of harmless and enjoyable entertainment. A crib tournament over the winter was a great success.

Wesley is also making home visits to discuss problems with some of the band members. Although the program is just developing, Wesley says one thing is for sure -all the activities of the program will emphasize traditional and cultural ways of life as a means of combating abuse.

For further information:

Wesley Big George
Project Pimatiziwin
Big Island Band
Morson, Ontario
P0W 1J0
807-488-9698 or 5666

**PREVENTATIVE AND
REHABILITATION PROJECT -
SAUGEEN INDIAN RESERVE**

People travel great distances to enjoy the beauties of Georgian Bay and the sands of Sable Beach.

Here, along 11 miles of tranquil shoreline, in an area of just over 9000 acres of mainly open land, about 600 members of the Saugeen Band have settled. Light streams into the sunroom of the senior citizens' building on the reserve, where a bustling alcohol and drug prevention program operates. Here the coffee pot is always full, welcoming everyone who drops in to talk or work on crafts, or take part in other cultural activities - all of which are helping band members regain a bit of the traditional culture which helps bring pride and identity. The wisdom and knowledge of the band's elders enrich these activities.

Vera Jones, program coordinator, believes in making use of the knowledge and skills of the people here to share the things they know with others and to get as many people as possible actively involved in their community. Volunteers help organize social and cultural activities, recreation and sports events, and skill-sharing workshops.

Filling spare time with constructive and healthy options to drinking and taking drugs is a very basic part of the whole program, which also includes working with the schools and local agencies that deal with the alcohol and drug related problems of native people. Assistance is also here for those wanting detox or help with their drinking or drug problems at a treatment centre.

For further information:

Vera Jones
Saugeen Alcohol Program
R.R. 1
Southampton, Ontario
N0H 2L0
519-797-2882

CHRISTIAN ISLAND ALCOHOL PROGRAM

From January to March Evelyn Jackson hops on a skidoo or a skoot and rides three miles over ice to get to work on Christian Island. The rest of the year this alcohol and drug worker takes the ferry to the water-locked community of 500 at the southeast corner of Georgian Bay.

Schoolchildren on the reserve and young people, who must board in Midland (20 miles away) to go to high school, are two groups Evelyn is working with at present. They discuss problems and watch films about alcohol and drugs as well as other youth problems.

Regular A.A. meetings have also been organized. Attendance here and at the community film nights has been quite good for the building program.

"It's good to see some young people at these meetings", says Evelyn.

The program intends to carry out a variety of cultural, spiritual and recreational events at which young and old can find meaning and enjoyment without resorting to alcohol or drugs.

For further information:

Evelyn Jackson
Christian Island Alcohol Program
Cedar Point Post Office, Ontario
L0K 1C0
705-247-2051

vandalism and using solvents, drugs and alcohol. They talk to kids who are wandering around, and there is an overnight crisis centre for those who need someone to talk to or can't go home. Calls from anyone having domestic troubles are also responded to with an immediate house visit.

For further information:

Fred Cowley
Whitefish Bay Crisis Intervention
Program
Whitefish Bay Band No. 32A
Pawitik P.O.
Pawitik, Ontario
P0X 1L0 807-226-5710

WHITEFISH BAY CRISIS INTERVENTION PROGRAM

When the sun goes down on Whitefish Bay Reserve and most families are settling in for the evening, Fred Cowley, Percy Gauthier and Mary Cowley are just getting ready for work.

These people are working on an unusual new drug and alcohol program on the reserve called crisis intervention, which involves patrolling the community of 710 people at night and trying to stop trouble before it gets started.

Whitefish Bay is on Lake of the Woods, 60 miles east of Kenora. Crisis workers here try to prevent children and young adults from getting into trouble through

WHITEFISH BAY ALCOHOL PROGRAM

Experience has taught Tony White that returning to Indian tradition and culture helps a lot when dealing with alcohol and drug problems of native people.

"The loss of culture, tradition and pride cause many of the problems in the first place", he says.

Tony has been working as the drug and alcohol worker with his band, Whitefish Bay, for five years now. About 710 people live on this bay of Lake of the Woods about 60 miles east of Kenora.

While increasing awareness in his community about alcohol and drugs with the use of films and reading material, Tony concentrates on counselling alcohol and drug-troubled people at Whitefish Bay in groups and individually - always relying on the wisdom in their culture and traditional ways to help him. When someone is ready and wants special treatment to get free of their addiction, Tony makes arrangements for them to go to a treatment centre.

He also works closely with the workers in the crisis intervention program, recently set up at Whitefish Bay with both counselling and organizing activities.

For further information:

Tony White
Whitefish Bay Alcohol Program
Pawitik, P.O.
Pawitik, Ontario
P0X 1L0
807-226-5411

**WHITEFISH LAKE ALCOHOL
PROGRAM**

When work at INCO in Sudbury shut down last year, many people from the Whitefish Lake reserve, 15 miles away, moved to Elliot Lake to work in the mines there.

The on-reserve population is only about 200 now, and since most of the 20 square mile reserve is bushland, the community is concentrated in a small 40-acre section.

Organizing recreation for children and teens at Whitefish Lake keeps Caroline Nootchetai, the alcohol and drug worker here, very busy. After-school and week-end activities include sports events at the school, bingos and movie nights, and excursions to swimming pools, skating parties, and to other reserves for pow-wows and other cultural events.

Preventing children and teens from getting involved with drugs and alcohol by giving them enjoyable things to do is the major part of the new drug and alcohol program here.

Caroline says showing young people films about addictions as well as films just for fun, is a way of giving them some education and involving them in healthy activities.

For further information:

Carolyn Nootchetai
Whitefish Lake Alcohol Program
Whitefish Lake Band 6
Naughton, Ontario
P0M 2M0
705-692-3423

ATTAWAPISKAT ALCOHOL PROGRAM

Jim Jacasum's years of working on drilling rigs where the pattern was "out of the bush and into the bars", also gave him his "education with alcohol".

Jim is now back on his reserve, Attawapiskat, midway up the west coast of James Bay, where he is the drug and alcohol worker for the new program. The airport provides the only way in and out of this isolated Cree community, where many people still trap, fish and hunt.

When Jim first started the program last fall, he used the community radio station to broadcast shows about the damage caused by alcohol and drugs to the community's population of about 1000. Quite a few people who listened to the radio shows got in touch with Jim to learn more, and from there regular visits started.

Jim is also at the local school twice a week and talks to the grades seven and eight children. The chance to prevent young people from harming themselves and to help them understand the alcohol and drug problems of others is very important to the program at Attawapiskat.

Jim will seek the advice of elders as the drug and alcohol program grows and changes. He is also getting help from the band council and the school committee.

For further information:

Jim Jacasum
Attawapiskat Alcohol Program
Attawapiskat, Ontario
P0L 1A0
705-997-2316

FEASIBILITY STUDY THUNDER BAY YOUTH FRIENDSHIP SOCIETY

Marlene Pierre-Agamaway has been talking to a lot of people lately.

She's had conversations with many workers on the different alcohol and drug abuse programs around Thunder Bay. She's talked to native people in the city, on reserves and in rural communities. She's met with chiefs and band councillors. And she has interviewed people working in the different agencies that deal with alcohol and drug related problems of native people.

All of Marlene's research should help determine if it is workable and beneficial to set up a native alcohol and drug abuse treatment centre in Thunder Bay - who would be using it, and what services it should offer.

The Thunder Bay Youth Friendship Society is responsible for the study.

For further information:

Xavier Michon
Thunder Bay Youth Friendship Society
401 N. Cumberland Street
Thunder Bay, Ontario
P7A 4P7
807-344-0706

For further information:

Bert Greene
Shoal Lake No. 39 Alcohol Program
Kejick, P.O.
Shoal Lake, Ontario
P0X 1E0
807-733-2560

**SHOAL LAKE NO 39
ALCOHOL PROGRAM**

It's a rough gravel road that takes you the last 12 miles to Shoal Lake No. 39 near the borders of Minnesota, Manitoba and Ontario. The reserve is across a narrow channel from Shoal Lake No. 40 and many people cross the quarter mile distance by boat in summer and over the ice on foot in winter.

Bert Greene has been the alcohol and drug worker at the reserve of 250 people for a couple of years now, and encourages band members to participate in feasts, pow-wows, the sweat lodge and other cultural events rather than spending time drinking or using drugs.

Bert also spends much of his time counselling those who are trying to quit drinking and visiting children at the school where he shows them films and talks about drug and alcohol abuse.

SEINE RIVER ALCOHOL PROGRAM

A few years ago, when people on her reserve would ask Lucy Kabatay how she managed to quit drinking, she wasn't sure what to say to them, or what kind of advice to give. But since then Lucy has become a certified alcohol and drug counsellor for the Seine River Band of 370 members, and talking over alcohol and drug problems with band members is a full-time occupation.

Seine River Reserve is at the mouth of Wild Potato Lake, where it is fed by the river, about 55 miles east of Fort Frances. It has had an alcohol and drug program since 1978.

Every Thursday Lucy goes to the school in Mine Centre, seven miles away where she works with the children in grades four to eight, using a curriculum which first teaches the children self-awareness - so they can recognize and deal with their emotions. This is the groundwork to make it easier for the kids to deal with things like pressure from others

who drink or use drugs. Films and talks about alcohol and drugs are a later part of the curriculum. Children from the Red Gut Reserve, 20 miles away, attend the same school so they too enjoy the popular class.

Lucy, who is also a band counsellor, says people drop into her office in the Band Council building to talk over drinking or drug troubles. She also makes house visits.

Band members who are interested in getting special treatment to try overcome alcohol and drug use are sent to centres in Winnipeg and Thunder Bay.

At Seine River, a family welfare committee meets once a month to try and come up with solutions to problems. The committee is made up of Lucy, the welfare administrator, the social counsellors, the children's aid worker, the school principal, the nurse, health worker, and reserve police.

The reserve A.A. group meets weekly and organized a round-up last November, inviting A.A. members from neighboring reserves to get together for a banquet and pow-wow.

For further information:

Lucy Kabatay
Seine River Alcohol Program
Seine River Indian Band
Mine Centre, Ontario
P0W 1H0
807-599-2224

THUNDERBIRD FRIENDSHIP CENTRE

George Ebougeshik is new on the job, but he figures there are about 1000 native people living in and around the town of GERALTON, about 70 miles north of Lake Superior, near Long Lake, where he is setting up an alcohol and drug abuse program through the Thunderbird Friendship Centre.

George has been making contact with people he will be working with, such as the children's aid worker, people at the hospital and the police. He has been visiting native communities in the area and is trying to set up A.A. groups.

George says he expects to be spending most of his time counselling and giving presentations about alcohol awareness at the schools and in the communities. But he is trying to find out what people want before making any solid plans.

For further information:

George Ebougeshik
Thunderbird Friendship Centre
301 Beamish Avenue West
Box 430
Geraldton, Ontario
P0T 1M0
807-854-0630 1057

MANITOU RAPIDS ALCOHOL PROGRAM

The waters of the Rainy River crash down Manitou Rapids at a point separating Ontario and Minnesota. This is where 450 members of the Rainy River Indian Band have settled.

Here George Horton, who has been Chief of his band, uses the Ojibway language, culture and spirituality in ways that help people feel good about themselves rather than resorting to alcohol and drugs.

Since the program started in 1979, George has counselled those who have drinking problems and those who have managed to stay sober but need some support. And if someone needs further treatment for their addiction, arrangements are made for them to go to a treatment centre for a couple of weeks. There are home visits and organized A.A. meetings to help people when they return from treatment.

George also works with the band's recreation centre which holds pow-wows, runs baseball and hockey teams, and has bingo nights -- giving band members healthy alternatives to drinking and using drugs.

For further information:

George Horton
Manitou Rapids Alcohol Program
Manitou Rapids R.R.1
Box 450
Emo, Ontario
P0W 1E0 807-482-2479

GARDEN RIVER BAND DEVELOPMENT PROJECT

A CP train tressle breaks through the bush at the side of the highway just south of Sault Ste. Marie. Across it, in huge white letters is scrawled, "THIS IS INDIAN LAND".

When you see that sign, you know you're on the Garden River Reserve.

At Garden River and its neighboring reserve, Rankin, an advisory group is gathering information about the communities and their 1100 people to find out what is needed to discourage people from abusing themselves with alcohol and drugs. This is all in preparation for getting a program running here - hopefully sometime this year.

They are talking to people on the reserves and at different agencies that deal with native people when problems arise because of drinking, gas sniffing and drug use. Children's aid, health and employment organizations and the police are all being consulted.

Martin Jones, from Garden River is working on this research and says that once things get going they would like to have cultural revival as a major part of the program, since loss of Indian tradition and identity is at the root of many troubles facing Indian people today.

For further information:

Martin Jones
Garden River Indian Bank
Box 7, Site 5, R.R. 4
Sault Ste. Marie, Ontario
P6A 5K9 705-942-4011 or 4013

For further information:

Tommy Smith
Project Awareness
Naicatchewenin Band
Box 15, R.R. 1
Devlin, Ontario
P0W 1C0
807-486-3542

PROJECT "AWARENESS"

Naicatchewenin, on the beautiful north-west bay of Rainy Lake, emerged from isolation in the late fifties when a road was built, giving the reserve access to Fort Frances, 37 miles away. That's when the troubles of alcohol abuse started for this small band reserve of 170 people.

Watching their community break down over a short period of time convinced some people on the reserve that things had to change. And restoring the language, traditions and respect for elders have become an important part of this effort.

The two alcohol and drug workers on the five-year-old program here, Tommy Smith and Colleen Smith, try to prevent future troubles for teens and adults who haven't developed serious alcohol problems by delivering educational information through films and workshops.

While young people are the main target, Colleen and Tommy work to alert everyone to the problems and effects of alcohol abuse. Another major effort is made to assist those with existing alcohol problems to come to grips with their dependency by discussing it with the program workers.

**WHITEDOG NATIVE
ALCOHOL PROGRAM**

A rock painting at Whitedog reserve, 70 miles north of Kenora, depicts the legend of a woman who used to appear with a white dog at her side, on a sandbar up the river here every spring, mid-summer and fall, and disappear when anyone would go close to see who she was.

From this legend, Whitedog Reserve got its name. And here, Roy McDonald, a former chief for 10 years, has been working for five years on a drug and alcohol program.

An unusual kind of A.A. program has developed at Whitedog, where entire families attend meetings to discuss day to day problems. Using the Ojibway language, they have adapted basic A.A. beliefs to fit the realities of a northern Indian community.

Roy does a lot of counselling on his reserve of about 800 people - talking to individuals, married couples and families, when alcohol and drugs are interfering with their happiness.

He says good relationships with workers at the agencies like children's aid and police, and other services like hospitals, detox centres, and half-way houses in Kenora and Manitoba help the program run smoothly.

The Addiction Research Foundation in Kenora supplies Roy with films and other materials that he shows at the school and at community meetings, so that everyone has a chance to learn for themselves about the dangers of addiction.

For further information:

Roy McDonald
Whitedog Alcohol Program
Islington Band Council
Whitedog, P.O.
Whitedog, Ontario
P0X 1P0
807-927-2003

The first big community education event was quite a success when many of the band's 300 members went out to the school on a freezing winter night to listen to speakers, in from Thunder Bay, talk about the effects of drugs and alcohol. A delicious turkey dinner served afterwards might have contributed to the good attendance!

For further information:

Agnes Hardy
Rocky Bay Alcohol Program
Rocky Bay Indian Band
MacDiarmid, Ontario
P0T 2B0
807-885-3161

**NORTHWEST ANGLE
ALCOHOL PROJECT**

ROCKY BAY ALCOHOL PROGRAM

"The seed is planted", says Agnes Hardy from the Rocky Bay Reserve on Lake Nipigon's south shore, 110 miles north-east of Thunder Bay.

Agnes is talking about the drug and alcohol prevention program that started here just before Christmas. So far an A.A. group has begun and Alateen meetings are under way. Agnes also has plans to set up Alanon meetings for the families and friends of problem drinkers.

When the Eagle Feather Band turns on the amplifiers and cranks out its country rock music, Northwest Angle's alcohol counsellor is the guy on the electric guitar.

However, Alfred Oshie will tell you he isn't torn between a music career and a counselling career. The country rock is just for fun, and he loves the job he has had since 1977 as his band's alcohol and drug worker.

Northwest Angle is one of the many Indian settlements concentrated near the three borders of Minnesota, Manitoba and Ontario. At this beautiful spot on the shore of Lake of the Woods, many fish, hunt and guide. Rice gathering is another aspect of local industry.

The population on-reserve is only about 150, but Alfred also works at nearby Windigo Island and with the counsellor and population at Whitefish Bay. A lot of his time is spent discussing problems and solutions with band members and their families when drinking and using drugs is hurting someone. Fort Alexander in Manitoba and the centre in Kenora are where Alfred will take anyone who wants and needs special treatment.

Alfred is a firm believer in "getting involved and joining the world". Band members trying to stay sober are encouraged to help out with community activities. Alfred and the band council work hard to find jobs for those recovering - to help them try and get back into the stream of life.

The A.A. group here meets regularly and sometimes joins groups in nearby communities to share experiences and lend support. In the school and in the community, films and workshops educate anyone interested in learning about the dangers of drugs, alcohol and solvents.

For further information:

Alfred Oshie
Northwest Angle Alcohol Project
Box 232
Sioux Narrows, Ontario
P0X 1N0
807-226-5336

**ONEIDA DRUG AND
ALCOHOL ABUSE CENTRE**

Back in the early 1800s the Oneida band bought land outright and settled on the lush banks of the Thames River in southern Ontario. Oneida was part of the Six Nations Confederacy.

About 2000 people now live on the Oneida settlement, about 20 miles southwest of the city of London. Divided only by the river, Oneida's neighboring settlements of Cheppawa of the Thames, and Muncey of the Thames share the drug and alcohol abuse program.

Terry Elijah and Jeff Antone, program workers, also give assistance to the Indian population in London by holding drop-ins at the N'Ameling Friendship Centre in the city and by visiting anyone asking for counselling. About 5400 Indian live in London. The total population covered by the Oneida program is about 9000.

At the settlements there is an attempt to stop problems before they start or get worse by informing young people and adults about the dangers of alcohol and drug abuse. A youth counsellor, Levi Antone, aids the project by talking to children at the elementary schools, the junior high school and in the high schools in London.

As well as guiding and supporting those trying to leave alcohol and drugs behind them, by counselling and trying to strengthen family bonds, when necessary the project workers refer individuals to detox and therapy centres nearby. A fairly new A.A. group is operating at the centre.

During its four-year existence the program has developed a close association between the centre and other agencies in the area, like family and children services, health centres, the courts and police.

For further information:

Terry Elijah
Oneida Alcohol and Drug Centre
R.R. 2
Southwold, Ontario
N0L 2G0
519-652-6119

LONG LAC No 77

At the northern tip of Long Lac, just off the main logging road, sits Long Lac Reserve No. 77. A mill and a plywood plant create employment opportunities for the 110-member community here, 75 miles north of Lake Superior.

Gertie Wesley, who runs a new alcohol and drug abuse program, believes in giving people choices. Children are the main target of her program at Long Lac and Gertie started the program organizing sports for the kids and showing them films. But now she is asking them what they would like to do rather than deciding for them what their activities should be.

Having things to choose, other than drugs and alcohol is important for the young people who will also be able to learn about the dangers of these substances when films and talks are brought to the classroom.

While at present the program concentrates on the children, the rest of the community will certainly not be neglected, says Gertie.

For further information:

Gertie Wesley
Long Lac No. 77
Long Lac Band No. 77
Long Lac, Ontario
P0T 2A0
807-876-2243

WEST BAY ALCOHOL PROGRAM

West Bay Reserve sits in the centre of the beautiful and bustling Manitoulin Island. Through it a stream of summer tourist traffic flows, and from it the 500-band members move out to the four white communities that ring the reserve, for work and recreation, and afterwards going back to the reserve.

While the drug and alcohol program, which started here in the fall of 1982, is new to West Bay, alcohol and drug prevention work is nothing new to the program's counsellor, Vic Meagwans, who has voluntarily been helping his neighbours for quite a few years.

High drop-out rates in the schools is a problem that deeply concerns Vic, who believes that in many cases the problem is alcohol or drug-related. He works with teachers, the band's education worker and students to try and reduce the number of drop-outs.

Vic also thinks it's important that there are things for people to do in their spare time and so reduce the temptation to drink or take drugs, so he helps organize sports programs.

Discussing drinking or drug problems with band members and families keeps the counsellor busy. And Rainbow Lodge is close by for anyone wanting and needing a hand through the treatment program there.

For further information:

Vic Meagwans
West Bay Alcohol Program
Excelsior Post Office
West Bay, Ontario
P0P 1G0
705-377-5362

**GRASSY NARROWS NO 21
ALCOHOL PROGRAM**

A rough gravel road runs the 60 miles northeast from Kenora to Grassy Narrows Reserve, where about 600 band members live in this semi-isolated community on English River.

In 1980 the drug and alcohol program started here. Gabe Fobister, the program worker, provides support to people attempting to recover from alcohol and drug use. He provides information and counselling to those deciding they should do something about their drinking or drug use. And when necessary he will refer a person to detox or treatment centres. When someone returns from treatment, he is there to bring encouragement. There are A.A. meetings at Grassy twice a week and Gabe has a woodworking shop going so those recovering have a constructive outlet.

Workshops on the effects of alcohol and drugs are held for the benefit of anyone in the community who is interested in learning more.

For further information:

Gabe Fobister
Grassy Narrows No. 21 Alcohol Program
Grassy Narrows, Ontario
POX 1B0
807-925-2409

**WHITESAND BAND ALCOHOL
PROGRAM**

Most members of the Whitesand Band are found in a string of four small communities along the C.N. railway line about 200 miles north of Thunder Bay, near the northern shore of Lake Nipigon.

The only way to get to most of the band's 500 people living in Armstrong, Ferland, Mud River and Collins is by train. There is also a large Metis and non-status population here.

People here first started talking about drug and alcohol troubles in 1979 when some members of these communities got together with government and CN officials because they were worried that alcohol abuse was breaking down their communities and having bad effects on children.

A program has now been set up and Pat Kwandibens, the new drug and alcohol worker for the area, is organizing self-help groups like A.A., Alanon and Alateen, as well as a group for pre-teens. He believes that helping people learn more about the effects of alcohol and drugs by watching films and listening to speakers, will aid them in making wiser decisions for themselves.

For further information:

Pat Kwandibens
Whitesand Band Alcohol Program
Whitesand Band Office
P.O. Box 68
Armstrong, Ontario
807-563-2177

**GRASSY NARROWS CRISIS
INTERVENTION PROGRAM**

There is a special team at the Grassy Narrows reserve, 60 miles northeast of Kenora, and it's not a hockey or baseball team.

The Crisis Intervention Team is a group dedicated to improving the quality of life for youth and adolescents on the reserve, and assisting adults when problems relating to alcohol and drugs start to surface.

When most people are sleeping, Chris Swain, Jerry Land, Thomas Strong and Ivan Land are either at the crisis intervention centre or they're out rounding up anyone who has nowhere to go, need help in getting home, or might be getting into trouble. Kids are taken home or to the centre where there is supervision and someone to talk to. Quite a few adults have started dropping by in the evenings when marriage, drinking or other problems are hard to cope with.

"We used to work with almost all children --- there was a serious problem before with gas sniffing and we used to pick up 30 to 40 kids every night --- now there are only three or four a month. And over time the adults have started to use the crisis centre more and more," says Chris Swain, the team leader.

The crisis intervention workers and the alcohol and drug prevention counsellors work together to combat these problems at Grassy Narrows.

For further information:

Chris Swain
Grassy Narrows Crisis Intervention Program
Grassy Narrows Indian Band
General Delivery
Grassy Narrows, Ontario
POX 1B0
807-925-2102

LANSDOWNE HOUSE ALCOHOL PROGRAM

If you put your finger in the middle of a map of northern Ontario, it will land very close to Lansdowne House, an isolated native community of 200, about 250 miles northeast of Thunder Bay.

The only means of transportation to the outside and to other Indian communities in the area is by air. And telephone communications are by satellite.

Since 1980 Lansdowne has had a drug and alcohol program. Locals can tune into the radio station to catch shows produced by the program staff on many different topics relating to drugs, solvents and liquor. These efforts to educate the community also include visits to the schools to bring information to the children and young adults, in the hope that they won't fall into the drinking patterns and drug habits of so many older people they see around them. When a drinker or someone in their family needs some guidance or support, the staff is there to give it. There are also regular A.A. meetings at which a drinker can get support and give support to others struggling to quit.

Recently, the community of Webequie became part of the Lansdowne program, and workers here have started to look into extending the program further to

cover the communities of Summer Beaver, Ogoki, and Fort Hope Reserve, bringing the total population covered to about 1300. This will take careful planning, with air travel being the only means of getting from one community to another.

Staff include two full-time counsellors, one part-time counsellor, and a secretary.

For further information:

Daniel Sakaree
Landsowne House Alcohol Program
via Nakina, Ontario
P0T 1Z0
Ring Down 30

**FORT FRANCIS NATIVE
ALCOHOL/DRUG ABUSE PROGRAM**

A migrating native community flows in and out of the town of Fort Francis, which straddles the border between Minnesota and Ontario and is a centre for the 10 reserves in the area. For more than 10 years the United Native Friendship Centre has opened its doors to the 6000 Indians who live here.

With the growth of NNADAP, many of the reserves around Fort Francis have recently started their own drug and alco-

hol projects and the focus of the Friendship Centre's program has started to shift. Programs and services have all stayed intact, but concentrate on the large migrating native community in town. Alcohol and drug program workers used to spend a great deal of time travelling to reserves in the area -bringing films and workshops to the communities and the schools; organizing discussion groups, and counselling and making referrals to detox and treatment centres in Thunder Bay, Kenora and Fort Alexander in Manitoba.

"We're changing a lot", says program worker Bea Windego, "and are focussing more on the native community in town ... but we're also here to help anyone who asks for it".

The Centre offers assistance to the new projects and makes its many resources and services available to them. Bea and Norman Bruyere, the other worker, speak Ojibway and English and work mainly with native people between the ages of 16 and 35.

For further information:

Bea Windego
Fort Francis Native Alcohol/Drug Abuse Program
516 Portage Avenue
Fort Francis, Ontario
P9A 3N1 807-274-3207

AWARENESS AND PREVENTION PROGRAM - CHIPPEWAS OF KETTLE AND STONEY POINT

Kettle Point Reserve on the east shore of Lake Huron has caught the interest of scientists because of unusual rock formations found here. These formations are called kettles and the reserve is considered a geological site.

The community of about 700 has a new alcohol and drug program which is working to increase the awareness of the effects of alcohol and drugs on a person, and what happens to the person's family and friends because of drinking or drug use.

Activities are also being planned to provide young and old alike with things to do other than drinking or using drugs. Caroline Bressett, the program worker here, has a talent for craftwork herself, and has started a crafts group to demonstrate just one of many activities where people can put their talents to use. A brand new community centre will soon provide lots of activities for people of all ages.

Kettle Point, with its sandy beaches and campgrounds is a tourist area 35 miles north of the Canada/U.S.A. border city of Sarnia. The nearest town of Forest is eight miles away.

For further information:

Caroline Bressett
53 Indian Lane
R.R. 2
Forest, Ontario
N0N 1J0
519-786-2125 786-2126

WALPOLE ISLAND COMMUNITY SERVICES PROGRAM

A ferry crosses the one-mile distance from Algonic, Michigan, U.S.A., to water-bound Walpole Island in southern Ontario, making the reserve an international border crossing. The reserve is actually spread over five islands and 91 square miles but most of the band's population of 1955 is on the island of Walpole itself.

Harvey Ermentinger and Vel Kiyoshk, workers on the four-year-old program here, say they are starting to see some results.

"We started out working with some older people who were chronic alcoholics. We referred them to the treatment centre and helped them when they came home, and there has been some success in recovery," says Harvey. He says that more and more the younger generation is

beginning to see this success and young people are starting to get interested in the program for themselves. .

About 30 families at Walpole have taken part in the program so far. And while the focus has been on talking to those with drug and alcohol troubles and their families and guiding them to places for treatment when necessary, this year there are plans to expand into other activities directed at education for the whole community. Film nights and other activities are planned to involve people and teach them about the effects that relying on drugs and alcohol can have on the individual, their family and their whole community.

For further information:

Harvey Ermentinger
Walpole Island Indian Band
R.R. 3
Wallaceburg, Ontario
N8A 4K9
519-627-2751

PEDAHBUN LODGE

Pedahbun means light before sunrise. And Pedahbun Lodge in Canada's largest city, Toronto, has meant a fresh new start for many native people who have gone through its doors since it opened in 1976.

Up to 17 people at a time, with alcohol and drug problems, live at the lodge for a period, to take part in the many programs designed to help them understand their problems and addictions and how to cope day to day in healthier ways.

In a huge house on King Street, the 14 staff people provide counselling to individuals and their families. Job counselling, group therapy, A.A. introduction, medical and dental care, and cultural and social activities are all part of the services offered here. And an outpatient program has now started for those who have left and others who aren't staying at the Lodge.

Pedahbun Lodge is the only facility in Toronto specifically for native people with alcohol and drug problems. The native population of Toronto is estimated to be anywhere from 15 000 to 40 000.

There is close contact with other native and non-native agencies like the Native Canadian Centre, the Native Inter-agency Council of Toronto, the Recovery Homes Association, hospitals, detox centres and addiction treatment centres.

Keeping track of what treatment works best for different people and what the people receiving treatment do and don't have in common, can only help to improve treatment services and understand the causes of abuse. To this end, another effort here is to further develop a system for collecting and monitoring this information.

Judi Norris, the executive director of the Lodge, says they are now serving people who are much younger than the age group served when Padahbun first opened. Last year the average age was 28. Most people range in age from 16 to 45 years.

For further information:

Judi Norris
Padahbun Lodge
1330 King Street West
Toronto, Ontario
M6K 1H2
416-531-0774

CURVE LAKE ALCOHOL AND DRUG PROGRAM

Curve Lake has definitely calmed down since the Iroquois and Ojibway had their major battles here back in the 1600s. Nestled in the beautiful Kawortha Lakes, Curve Lake Reserve is now part of a popular tourist area. This along with its 20-mile proximity to the city of Peterborough has brought some prosperity to the reserve, where there is 75 per cent employment.

About 500 people live on the reserve which has three craft shops, an art gallery, two marinas, a florist shop, a

store and a band office. But even with its prosperity, alcohol and drug use are still serious problems at Curve Lake.

In an old schoolhouse on the reserve, Iola Coppaway is setting up a drug and alcohol program here. Advice on how to deal with many of the problems is sought from the Elders.

In the old schoolhouse a drop-in centre for teens has become quite popular and film nights feature movies about teen problems and alcohol and drug addiction. An Alateen group also has been started. Having established good contact with other services and agencies in the area, Iola makes referrals to a hospital in Peterborough, where a person can discuss and get guidance for their problems. And the hospital staff in turn let people know they can get help from the program at Curve Lake.

Counselling is a main function on the reserve and off. Iola makes visits to the Millbrook Reformatory 50 miles away where there is an A.A. program, and to the jail in Peterborough.

For further information:

Iola Coppaway
Curve Lake Band
Curve Lake, Ontario
K1O 1R0
705-657-8045

NATIVE PEOPLE'S ALCOHOL AND DRUG CENTRE

Canada's largest Indian reserve, Six Nations, lies along the banks of the Grand River in rich agricultural land in southwestern Ontario, just 25 miles from the city of Hamilton.

The 10 000 Iroquois and Six Nations live along both sides of the river. Many have farms of 200-400 acres, and several small businesses serve the community.

Since 1975 Six Nations has had the Native People's Alcohol and Drug Centre on the reserve. It provides a lot of different services but concentrates on assessing the condition of people with alcohol and drug problems and referring them to the agency that best suits their needs. The centre is lucky to be close to a number of different services and agencies. Two detox centres are nearby in Hamilton and Kitchener. Resource centres and a half-way house are within driving distance. And a Native Women's Emergency Housing facility is available in Hamilton.

The centre works with the courts, the public health nurse and Children's Aid when the problems of native people these agencies deal with are alcohol and drug related.

Educating children is another priority and this year regular classroom programs got going to help youngsters understand the dangers of addictions. In fact, classroom worker Eileen Johnson devotes all her time to children at the school, starting from age five.

A school program is now being developed for the students at the five area high schools. Work with youth also includes a program to assist those who have been charged and sentenced through the court system.

The staff of seven includes director Steve Hill; secretary-bookkeeper Helen Hill; Rehabilitation worker Ted Jamieson; youth counsellors Amy Williams and Cecil Sault; adult counselor Wendy Thomas and classroom facilitator Eileen Johnson.

For further information:

Steve Hill
Native People's Alcohol and Drug Centre
Ohsweken, P.O.
Ohsweken, Ontario
N0A 1M0
519-445-2947 445-2051

BIG GRASSY ALCOHOL PROGRAM

Big Grassy is part of the cluster of Ojibway reserves and settlements in the northeast corner of the Manitoba, Ontario and Minnesota borders.

Houses on the reserve of about 200 people sit on both banks of the Big Grassy River just before the road ends, about 85 miles southeast of Fort Francis.

Program worker Albert Comegan says plans for the new alcohol and drug program here are aimed mainly at giving

young people healthy alternatives to drinking and using drugs. They include providing a lot of athletic and recreation activities --league baseball, hockey and track and field are planned along with dances, fishfrys and other supervised social events.

Making the young aware of drug and alcohol problems through films and talks is also planned to make them better able to make informed decisions for themselves.

For further information:

Albert Comegan
Morson, P.O.
Morson, Ontario
P0W 1J0
807-488-5642

MOBERT DRUG AND ALCOHOL PROGRAM

When Albert Desmoulin organized his first community event, as the new drug and alcohol worker at the Mobert Reserve last summer, much to his surprise everybody went. In fact, people poured in from neighbouring Heron Bay.

It looks like a field day, with tournaments, games, races, food and entertainment and on a warm, sunny August day it is a pretty hard thing to resist.

Albert says the A.A., group on the reserve did all the work for the field day and since then has helped get a lot of activities and events going for the Mobert community of 250 people, which is north of Lake Superior about 50 miles, and about 250 miles east of Thunder Bay.

"They're really a good bunch", says Albert about the A.A. group. "Most have gotten quite involved in helping out here, and their example is good for others. They are trying to live sober, and others can see the change in them".

Over at the new solar heated school, the children have started to learn about some of the old ways. Albert has asked some elders to talk to the children about culture and traditions, as well as teach them a bit of their language. The children learn about alcohol and drugs from Albert's regular visits.

There is an office in his home, but the program worker is usually out making home visits, or on the train to Thunder Bay where he takes band members who need special treatment for their alcohol and drug problems.

For further information:

Albert Desmoulin
Mobert Indian Reserve
General Delivery
Mobert, Ontario
807-822-2131

SABASKONG ALCOHOL PROGRAM

The highway cuts through the Sabaskong Reserve on the north shore of Lake of the Woods, half-way between Kenora and Fort Frances. A lot of tourists pass through and some band members work as guides for fishing and hunting trips.

The 300-member band at Sabaskong has had an alcohol program since 1977, which has concentrated on the alcohol problems of single, older men, heads of families, and young adults. Community and school education about alcohol and drug abuse have also been part of the program here.

Vincent Kelly took over as the program counsellor last August and says he expects the program will continue to assist band members in many of the same ways. Vincent is consulting with an advisory group and band counsellors, community leaders and other band members to try and make sure he is giving the band what it needs.

For further information:

Vincent Kelly
Sabaskong Alcohol Program
P.O. Box 160
Nestor Falls, Ontario
P0X 1K0
807-484-2681

PIKANGIKUM ALCOHOL PROGRAM

Pikangikum is a pretty quiet place from April to May, and between September and December. During these periods there are some missing faces at the reserve's coffee shop, pool hall and drop-in centre. This is when many of the band's 800 members are off hunting and trapping.

Traditional practices have stayed intact at this isolated Ojibway community north of Kenora by about 250 miles and about 80 miles from the Manitoba border. Everyone speaks Ojibway and about 30 percent (mostly the kids) speak English as well.

George Strang has been meeting with the chief and council and other community leaders to get advice on setting up the new drug and alcohol program he is responsible for here.

The police, school authorities and health representative have all met with George to work out ways of handling problem situations these people encounter with Pikangikum band members when alcohol and drugs are involved.

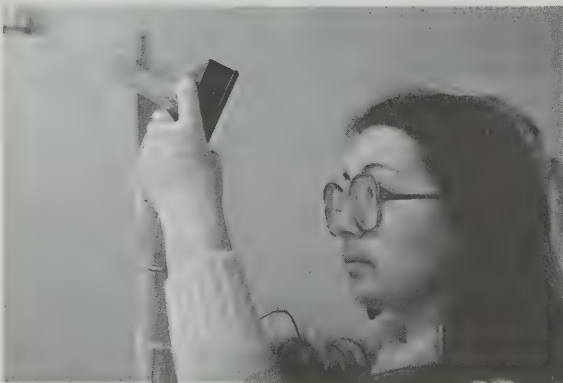
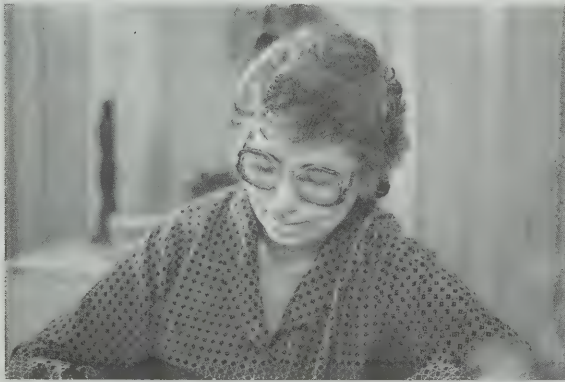
Discouraging youths on the reserve from sniffing gas and glue is an immediate goal of the program. Presentations at the school about this problem as well as alcohol abuse are part of the program plans.

Young people at Pikangikum are a first priority of the new program, but is is open to anyone on the reserve with problems relating to alcohol or drug use --or anyone who would like to learn a little more about their effects.

For further information:

George Strang
Pikangikum Alcohol Program
Pikangikum, Ontario
P0V 2L0
807-773-5578

Quebec Region



NATIVE REVIVAL CENTRE ALCOHOL ABUSE PROGRAM

Beside the Restigouche River between the Mapapedia Valley and the Laurentians, Restigouche Reserve is the home of about 1650 band members. Here Mary Mettalic, Williams Jerome and Donald Caplin believe in team work as they provide their large community with an alcohol and drug prevention program.

Over the last few years, they've built up good working relationships with the other people in their community, providing social services, recreation and other assistance to band members.

Counselling is the strong foundation of their program -- visiting people at home for private discussions if someone is having trouble with alcohol or drugs; contacting and offering assistance to band members who are in court because of offences related to drinking or drug use, and visiting people who are in hospital or in detox.

Mary Anne says they've started to make the young people more aware of the dangers involved with drug and alcohol use and have plans this year to encourage them to get involved in healthy recreation and sports activities.

For further information:

Mary Anne Mettalic
Native Revival Centre Alcohol
Abuse Program
17 Riverside Road, West
Restigouche, Québec
418-788-2988

MARIA ALCOHOL PROJECT

Where the Cascapedia River empties into Chaleur Bay, 482 members of the Maria band live, many working as wardens along the river or as guides for sports fishing.

Many have heard of Maria, either because of the woven baskets or because of the Catholic Church on the reserve which is shaped like a wigwam, which draws many tourists during the summer months.

Bernard Jérôme coordinates the alcohol and drug program here, and since he started the job this year he's been spending most of his time with young people in the community -- both at school, where he tries to make them aware of the dangers of alcohol and drug abuse, and during their leisure time when he helps with the band's recreation program.

Bernard has been working with the court worker, who puts him in touch with native people in the area who are in trouble because of drinking or using drugs. He also counsels any band members who want to discuss an alcohol or drug problem. He also helps anyone wanting to go to a treatment centre -- making the arrangements and giving them support when they return and attempt to stay sober.

For further information:

Bernard Jerome
Maria Alcohol Project
Maria Indian Reserve
P.O. Box 368
Maria, Québec
G0C 1Y0 418-759-3441

PROJECT HURON

Near the St. Charles River, 10 miles from Québec City, Pierre Gros-Louis has been running an alcohol and drug program for the 800 band members for about a year.

Pierre has concentrated on preventing young people on the reserve from getting involved with alcohol and drugs by visiting the school at least once a month, showing films and passing out leaflets that explain the dangers involved. Over

the summer three students were hired for seven weeks to work with Pierre, talking to their peers about alcohol and drug effects.

The counsellor visits families where there is an alcohol and drug problem. And when it is necessary he will take individuals to detox centres or treatment centres either in Québec or Montreal. Pierre also takes newcomers to their first A.A. meeting, and afterwards visits them to offer support in their attempt to stay sober.

Close to Québec City, Huron Village attracts many tourists. The band has three museums and band members make and sell art work and crafts in boutiques on the reserve. Some band members also make canoes and racquets, and others work in Québec City.

For further information:

Pierre Gros-Louis
Conseil de bande des Hurons de Lorette
100 Chef Aimé Romain
Village Huron, Québec
G0A 4V0
418-843-3767

PROJECT KITIGANIK

Clifford Maranda enjoys spending his time with the young people who live on the Rapid Lake Reserve in the south-western part of the province. They get

out into the bush together, go on field trips, and play team sports like baseball and volleyball.

Clifford is the band's alcohol and drug worker and he wants young people in his band of 300 people to have different ways of spending their time in healthy activities, so they don't have the temptation of getting involved with alcohol or drugs. He also tries to make them understand the harm that comes from drinking or taking drugs by talking and showing the young people films on this topic.

Older members of the Barrier Lake band in this community at Parc de la Verendrye, 90 miles from Val D'Or, also enjoy activities organized by Clifford, such as bingo and card games. And anyone having problems because of alcohol or drug use is offered a hand at sorting out their troubles.

For further information:

Clifford Maranda
Project Katiganik
Barrier Lake Band
Le Domaine Post Office
Parc de la Vérendrye
Rapid Lake, Québec
G0W 1T0
819-794-1712

NIGAN INABINANIWANG

Maniwaki is in a beautiful tourist area about 80 miles north of Ottawa. This is where Louis Commanda lives and works as the drug and alcohol counsellor for the River Désert Indian Band of about 1050 people.

Sandra Tenasco started working with Louis this year and between them they are involved in counselling from their office in the medical centre and in the homes of band members.

The counsellors believe that people will be less inclined to drink and use drugs if they understand the dangers involved. They provide that information every Wednesday night at the community hall, with films and guest speakers, and on Sundays the counsellors have a "drop-in" at the community hall for the kids. Every Friday night, A.A. members get together on the reserve for meetings which often feature different speakers. Louis says they also would like to get Alanon and Alateen groups set up.

For further information:

Louis Commanda
Nigan Inabinaniwang
River Désert Indian Band
P.O. Box 309
Maniwaki, Québec
J9E 3C9
819-449-5170

KAHNAWAKE REFERRAL SERVICE

It would be easy to mistake the Caughnawaga Indian Reserve for a city suburb -- with its pizza parlours, golf courses, laundramats, swimming pools, hospital, post office, water filtration plant, and more.

Off the south shore of Montreal Island, this huge reserve of about 5300 Mohawks sits on about 80 square miles. Sam Kirby directs the alcohol and drug prevention program here with the help of Debbie Morris, Michael Phillips and Marlene Scott. These counsellors travel throughout the reserve, visiting band members at home when someone wants to talk about problems related to drug or alcohol use.

Parents in the community who are concerned about their children using drugs or alcohol, or experiencing other youth problems, now get together every second Tuesday to try to understand the problems better and get ideas on how to deal with them. The counsellors, who organize the meetings, talk to the kids directly through their school education program.

On the back burner, Sam, Debbie, Michael and Marlene are trying to get a film library set up that could be used by all the Québec projects; and a half-way house on their reserve that could hold eight or 10 people at a time who are either on their way or returning from treatment, or for some other reason in need of a place to stay.

For further information:

Sam Kirby
Kahnawake Referral Services
Box 816
Caughnawaga, Québec J0L 1B0

NASKAPI ANTI-ALCOHOL COUNSELLING SOCIETY

Up near the Labrador border, 365 miles north of Sept Îles, the isolated Naspake Band of 400 people speak their native language and mostly hunt for their food.

Susan Swappie has been the band's alcohol and drug counsellor for two years now, teaching the children and the adults in their own language about all the effects of alcohol and drugs. This year, Sam Einish started helping Susan as a part-time worker and they are counselling band members affected by drinking or drug problems.

Regular meetings are held at the medical clinic, where band members can discuss their thoughts and experiences about drugs and alcohol. Susan and Sam are also trying to start an A.A. group where anyone trying to give up alcohol can get together with others fighting the same battle.

For further information:

Susan Swappie
Naskapi Anti-Alcohol Counselling
Society
Box 970
Schefferville, Québec
G0G 2T0
418-585-2370

COUNSELLOR TRAINING PROGRAM

For one week every month, the alcohol and drug counsellors from Kahnawake, Oka, Restigouche, Picogan, Maniwaki and Odanak meet in Montreal for intensive training, organized through the Mohawk Council of Kahnawake.

Their well-developed curriculum originates from St. Francis Xavier University in Antigonish, N.S. and is tailored to meet the needs of native people. The counsellors learn about the roles, goals and skills of alcohol and drug workers; spiritual and cultural awareness; how to communicate with people individually and in groups; how to mediate conflicts; how to get groups working together; give and receive feedback; and how to write speeches and reports.

The training program started in April and will run over a two-year period.

For further information:

Donald Horne
Counsellor Training Program
Mohawk Council of Kahnawake
Box 816
Caughnawaga, Québec
J0L 1B0
514-632-6880

PROJECT ATAIIPIK

The anti-drug and alcohol abuse project Ataiplik has as its target group the 575 members of the lac Simon reserve, about 20 miles from Val D'Or.

Noé Mitchell is doing information and prevention work through individual contacts and meetings with families and groups. Pamphlets are distributed and films on alcoholism and its problems are presented to the people there.

Culture and tradition occupy an important place in the project. They know that self-pride is one key to sobriety and that it can be attained by increasing awareness in Indian language and culture. Efforts are also made to clarify the object of the project so that the people will understand it better.

Noé is currently preparing audio-visual projects for the general population, as well as a course on the social and economic problems related to alcohol abuse for the elementary and secondary school students.

For further information:

Noé Mitchell
Projet Ataiplik
Réserve indienne du Lac Simon
A-1., av. Ogima
Lac Simon, via Louvicourt, Québec
J0Y 1Y0
819-736-3161

PROJECT CARIBOU

Project Caribou is an alcohol and drug abuse project addressing the Attikamek - Montagnais population on 10 reserves spread over a broad area between James Bay and Québec's northern border.

Most people in these communities speak their native language, and radio programs about alcohol and drug abuse are aired through the community radio stations in the native language.

A counsellor in each community gets people together for information workshops to give everyone a better insight into all the effects of drinking and taking drugs. The counsellors also help individuals or families who are having a difficult time because of someone's drinking or drug use.

In addition, each worker organizes sports and cultural activities and tries to gather information from the reserve's elders in an effort to revive native customs and traditions.

For further information:

Madeleine Belle Fleur
Projet Caribou
Conseil Attikamek-Montagnais
Boulevard Bastien
Village des Hurons, Québec
G0A 4V0
418-842-0277

PROJECT PIKOGAN

The 455 Abitibiwinni Algonquins live on their reserve two miles from Amos and 50 miles from Val D'Or. Alice Jérôme coordinates the Pikogan alcohol and drug abuse information program, and is building up a sobriety group to sponsor activities in which people can enjoy themselves without alcohol.

The reserve has a community centre for band members and a recreation committee that organizes sports and other activities.

Alice is pleased with the atmosphere of confidence that has greeted the existence of the alcohol and drug project, and the population now spontaneously calls upon its services. The young people are particularly receptive to the information component of the project and often call upon it for advice. They also know that they can get support and help with their problems.

The project has the support of the Amos detoxication centre and hospital and the local police. There is also a committee responsible for presenting audio-visual material on alcohol and drugs and collecting information from the reserve's elders with a view to reviving native customs, traditions and language.

For further information:

Alice Jérôme
Projet Pikogan
Conseil Abitibiwinni
C.P. 36, R.R. 4
Village des Pikogans, Québec

PROJECT BETSIAMITES

The Betsiamites Montagnais reserve is located between Forestville and Baie Comeau, and most of its 2000 band members speak Montagnais.

The project here is intended to make people more aware of alcohol and drug-related problems. Project coordinator, Adhamar Labbé, organizes individual meetings, provides information in Montagnais on the community radio and shows films to school students on the reserve. The radio program often features information about nature, history, traditions and cultures, which Adhamar gets from the elders. Adhamar is also involved in organizing sports and recreational activities. The project has the support of the hospital and the province's social services agencies.

For further information:

Adhamar Labbé
Conseil de bande Betsiamites
2, rue Penshu
C.P. 280
Betsiamites, Québec
G0H 1B0
418-567-2855

PROJECT WOBANAKIAK

Near Pierreville, the small Odanak reserve, with its 143 people, is close to beautiful Lake St-Pierre, about 60 miles northeast of Montreal. Several small

businesses on the reserve employ people including handicraft stores. Others find work away from home.

Rejean Obomsawin coordinates the alcohol and drug abuse program which is aimed mainly at preventing band members from getting involved with drinking or drug use. The program allows them to have a good understanding of what drinking and drug abuse do to them mentally, physically and spiritually. Rejean gets this information to people individually and in groups. Students on the reserve are invited to take part in poster contests on these topics, and they are also shown films about the harmful effects.

The reserve has a community centre with pool and pingpong tables. There is also a swimming pool where the young people can play and exercise safely. The proximity of Pierreville allows people here to participate in local team sporting activities.

Most of the band's young people speak French and English, but the elders have retained their native language. The project is also aimed at making the old customs and traditions known, and Rejean helps organize traditional celebrations and dances for that purpose. He hopes to be able to organize still more cultural activities and provide more information to increase native pride and make the population more aware of healthy native ways of living.

For further information:

Réjean Obomsawin
58 Wabanaki
Odanak, Québec
514-568-2819

PROJECT CORRIVEAU

Many members of the Montagnais population living at Maliotenam and Sept-Îles find work in the iron ore industry in Sept-Îles. But fishing for salmon and trout and hunting hare and beaver continue to be important activities to the large population of about 1100.

Bernadette Fontaine coordinates the alcohol and drug program which is aimed at preventing band members from getting too heavily involved with alcohol and drug use through understanding the dangers involved. A prevention program in the schools brings this message to the young people, and everyone in the community is invited to regular information events where films and discussions examine these serious problems. The Sept-Îles hospital and local social services agencies support the program.

The recreation committee here organizes regular card parties, suppers and sports activities in which the population is actively involved. Various holidays and other events are celebrated together in an atmosphere of sobriety.

The Maliotenam reserve will soon have a new dispensary which will house the project office. This will provide better service for the population of the reserve.

It is also hoped that efforts of the recreation committee's liaison officer to obtain a community centre for the reserve will be successful.

For further information:

Bernadette Fontaine
Conseil des Montagnais de Sept-Îles et
Malioténam
C.P. 279
Sept-Îles, Québec
G4R 4K5
418-962-0327

KANESATAKE ALCOHOL AND DRUG ABUSE PROGRAM

Some people describe OKA as a "checker board" community. About 35 miles from downtown Montreal, the reserve of about 1000 Mohawk Indians is intermeshed with the white community here and extends past the suburbs of the metropolis.

Four women here run the three-year-old alcohol and drug program that is now focusing mainly on the young people of Oka. With an office upstairs in the community's recreation centre, the alcohol counsellors are ideally located so that they can spend time with the young people during their leisure hours. The elementary school is also attached to the recreation complex, and children and counsellors visit back and forth.

Sheila Bonspille, program director, says she, Pearl Bonspille, Bertha Peltier, and Jocelyne Bonspille are trying to keep the kids busy with healthy activities that they can enjoy, like camping, games and sports, while also helping them to understand how using drugs and alcohol can

hurt them. They try to bring that message to the whole community by having films and discussions about alcohol and drug abuse.

Aware of some of the special problems and needs of native women where alcohol or drug abuse exists, the program workers are trying to help in this area.

For further information:

Sheila Bonspille
Kanesatake Native Alcohol and Drug
Abuse Program
Oka Indian Band
681 B. Ste. Philomène Blvd.
Oka, Québec
J0N 1E0
514-479-8384

Atlantic Provinces Region



UNION OF NEW BRUNSWICK INDIAN ALCOHOL AND DRUG ABUSE PROGRAM

When Herman Saulis started his job as a fieldworker for the Union of New Brunswick Indian Alcohol and Drug Abuse Program in 1976, he was one of three counsellors covering the province's 15 reserves and 5000 native people.

Things have improved since then. There is now an alcohol and drug abuse worker for each community - Eel Ground, Eel River Bar, Burnt Church, Buctouche, Big Cove, Fort Folly, Kingsclear, Indian Island, Oromocto, Pabineau, Red Bank, St. Mary's, Tobique, Woodstock and St. Basile.

Herman is now director of the program and says each community has set up an A.A., Alanon and Alateen group. Each worker moves through their community providing counselling to problem drinkers and their families, and directing them to detox or treatment centres if this is needed and wanted.

Herman says each program counsellor works with their Chief and Council, CHR, public health nurse, priest, constable and other social service workers, in solving problems, planning projects and developing the program.

Discussing alcohol and drug abuse with the schoolchildren is another important aspect of the program, and workers go into the schools regularly to show films and talk to the children.

For further information:

Herman Saulis, Director
Union of New Brunswick Indian Alcohol
and Drug Abuse Program
35 Dedham St.
Fredericton, New Brunswick
E3A 2V2
506-472-6281

LENNOX ISLAND NATIVE ALCOHOL ABUSE PROGRAM

A causeway was built a few years ago joining Lennox Island and its 300 Micmac inhabitants to Prince Edward Island. Here the band runs its world-famous Malbeque oyster fisheries, a peat moss industry and blueberry grounds.

Marina Bernard and Allan Francis run the seven-year-old alcohol and drug abuse program from the A.A. Centre on the Island.

Allan says they try to help addicted people get to the detox and treatment centre in Summerside, 30 miles away. They visit the person while they're at Summerside and talk to their family as well. When the individual returns home they try to get them involved in A.A. or some other self-help group.

The school kids have a weekly outing to the A.A. centre, which is just next door, to watch films and have discussions about alcohol and drug use.

The A.A. Centre is a busy place, housing community alcohol and drug workshops and serving as a drop-in as well. Marina and Allan have a 24-hour weekend crisis phone line operated by volunteers, to aid anyone experiencing a crisis caused by alcohol and drug use.

For further information:

Allan Francis
Lennox Island Native Alcohol
Abuse Program
Lennox Island Indian Band
Lennox Island, P.E.I.
C0B 1P0
902-831-2774

ABEGWEIT BAND ALCOHOL PROJECT

The Abegweit Band of about 280 people is spread over three communities, close to the capital city of Charlottetown, P.E.I.

Counselling has been the backbone of the seven-year-old program here and the three counsellors have pretty high profiles in their communities. Elaine Bernard is the counsellor for Scotchford; Patricia Bernard works at Morell, and Art Francis is the alcohol and drug worker for Rocky Point.

These three keep close contact with everyone in their communities and aside from regular home visits, where they discuss drinking and drug problems and solutions, they arrange for detox and

treatment for band members needing special help. These centres are nearby in Charlottetown, Summerside and Souris.

Weekly films presented by the program workers bring information about Indian culture and other topics of interest to the community, as well as information about alcohol and drugs.

For further information:

James Sark
Abegweit Band Alcohol Project
P.O. Box 220
Cornwall, P.E.I.
C0A 1B0
902-675-3842

**NATIVE ALCOHOL AND DRUG
ABUSE COUNSELLING ASSOCIATION
OF NOVA SCOTIA**

Spread over the mainland of Nova Scotia and beautiful Cape Breton Island more than 5600 native people live in 15 different communities.

Chapel Island, Membertou, Wagmatcook, Eskasoni, Mic Mac, Annapolis, Bear River, Millbrook, Pictou Landing, Afton, Yarmouth, Wildcat, Gold River and Hants Port - all have alcohol and drug abuse programs under the Native Alcohol and Drug Abuse Counselling Association of Nova Scotia.

Joe Denny was the alcohol counsellor for Eskasoni before becoming director of the Association, which now has a counsellor for each community.

Each reserve has a steering committee that works with the counsellor to ensure that the programs are relevant to each community and the people living there decide what they want the program to do.

Counselling has become an important part of each project in Nova Scotia. The alcohol and drug workers discuss problems related to drinking or drug use with band members and sometimes arrange for special help at a treatment centre.

School programs have been in effect for a few years now with the alcohol workers visiting their school to show the kids films and discuss alcohol and drug use as well as other related youth problems.

All the communities have A.A., Alanon and Alateen groups set up and regular community workshops where everyone is invited to learn a little more about the effects of alcohol and drugs, usually with the aid of feature films and discussions.

Joe says the association got a Native Women's program going last year with special funding. Three women were hired to organize activities in the community, recognizing the special problems and needs of women there.

For further information:

Joseph Denny
Executive Director
Native Alcohol and Drug Abuse
Counselling Association
Eskasoni, Cape Breton
Nova Scotia
B0A 1J0
902-379-2262

CONNE RIVER ALCOHOL AND DRUG ABUSE PROGRAM

Just 10 years ago the 580 Micmac at Conne River in Newfoundland had no Chief, no organized Council, no reserve and little employment.

Marilyn John says there was a breakdown of the traditional system in the 1920s that lasted until the first Chief and Council were elected in 1973 and the community started to get organized.

Since then, this fairly isolated community at the mouth of the Salmon River, 30 miles inland from the sea, has come a long way.

Development projects got under way, employment was at 90% last year and the native language is being reintroduced.

Marilyn works for the band council and has been setting up an office in the new medical centre for an alcohol and drug worker the band will soon hire.

While the band has identified some things they would like the new person to work on, like community awareness of the full effects of alcohol and drug use; developing an education program for the schools; and bringing the information about Fetal Alcohol Syndrome (F.A.S.) to everyone's attention, they will also be looking to existing NNADAP projects to see what seems to work best.

For further information:

Marilyn John
Conne River Alcohol and Drug
Abuse Program
Conne River, NFLD. 709-882-2287

**DAVIS INLET ALCOHOL AND
DRUG ABUSE PROGRAM**

Just south of the 60th parallel along the craggy coast of Labrador, 170 miles north of Goose Bay, the Naskapi Band lives at Davis Inlet.

Airplanes year-round and a coastal freighter in summer are the only ways in and out of the fishing and hunting community of about 260 people. Everyone speaks the native language here and most people follow a traditional lifestyle.

Henk and Phil Rick started setting up an alcohol and drug abuse prevention program this spring. Their approach has been to talk to the people in the community to get an idea of what is needed and wanted from an alcohol and drug program.

They also formed an alcohol and drug committee to ensure that as the program grows the community shapes it.

For further information:

Henk Rick
Davis Inlet Alcohol and Drug
Abuse Program
NASKAPI Band
Davis Inlet, NFLD.
AOP 1A0
709-478-8843

**SHE SHA SHIT ALCOHOL AND
DRUG ABUSE PROGRAM**

Along the Labrador Coast, 33 miles from Goose Bay across from North West River, the She Sha Shit Band follows a traditional native lifestyle - fishing and hunting for livelihood.

The community of about 550 people has had an alcohol and drug program for about seven years, and Charlie Andrews, Juliana Best and Étienne Pone are counsellors.

Charlie says they see quite a few people who have been in hospital, in court or dealing with other social service agencies because of alcohol and drug-related problems. They try to help them to sort out the problems and understand what the alcohol and drugs are doing to them and what their other choices are.

The counsellors try to provide everyone in the community with this information and have alcohol and drug prevention workshops - inviting speakers, showing films and having discussions. Here community members have a chance as a group to look at their community problems and what they can do about them.

For further information:

Charlie Andrews
She Sha Shit Alcohol and Drug
Abuse Program
She Sha Shit Band
Labrador
709-497-8231

**LABRADOR INUIT ASSOCIATION
ALCOHOL AND DRUG
ABUSE PROGRAM**

Along the rocky barren coast of Labrador, just below the treeline, about 2500 Inuit live in six mostly-isolated communities, fishing, seal hunting and caribou hunting for livelihood.

Nain, Hopedale, Malekovik, Postbill, Rigolet, Goose Bay, and Happy Valley are accessible by plane or coastal freighter in summer. Most of these communities set up radio communication for the first time, last year.

The Labrador Inuit Association is carefully setting up its own drug and alcohol program. Over the winter, three field-

workers based in their own home communities talked with the people about what they want this program to do, what direction it should take and how it should be developed.

Based in Happy Valley, Dr. Kevin Columbus, Muriel Edmonds, and Cathy Lane have been coordinating the developing program. They've been developing a training course for the counsellors that is sensitive to the realities of life in these communities.

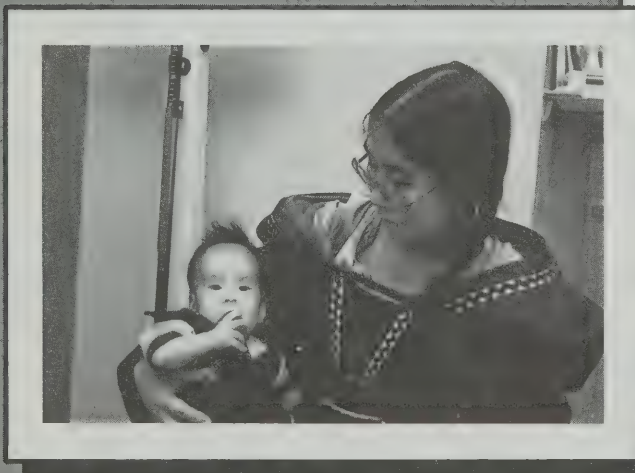
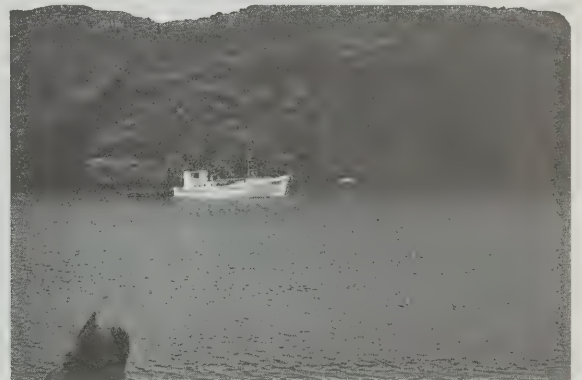
The task of making people more aware of the harm and dangers brought on by abuse through drugs and alcohol will be an ongoing one for the counsellors in each community. Plans include building a resource centre, where T.V., radio, and print material will be produced for use by counsellors in the community.

Education in the schools is also a priority and a curriculum for all grades in being developed.

For further information:

Muriel Edmonds
Labrador Inuit Association Alcohol and
Drug Abuse Program
P.O. Box 70 Stn "B"
Happy Valley, Labrador
A0P 1E0
709-896-3396

Yukon Region



ROSS RIVER INDIAN BAND ALCOHOL PROGRAM

The month of August in Ross River brings the salmon run that keeps the families of this band of about 300 working hard and eating well.

Most people here still follow traditional ways -- hunting and fishing. But mining has been another way of making a living here for several years now.

Band members live along the river about 250 miles northeast of Whitehorse. And Margaret Thompson brings them recreation programs as healthy alternatives to drinking, and also learning events where people can watch films and discuss the effects of alcohol and drugs on a person, their family and their community.

Margaret has been doing this for about two years now and much of her time is spent counselling individuals who have trouble controlling drinking. She also works with the young people of Ross River, both at school and through the youth drop-in-a place where they can have fun together without drugs or alcohol.

For further information:

Margaret Thompson
Ross River Indian Band Alcohol Program
General Delivery
Ross River, Yukon
403-537-3331

KLUANE TRIBAL BROTHERHOOD ALCOHOL EDUCATION PROGRAM

Ed Graham's love of the beautiful Yukon is reflected in his paintings and sketches. And his love of art is also brought to the alcohol and drug abuse program for the native people at the village of Burwash.

Ed says there are about 120 native people living in this village on Kluane Lake, about 170 miles northwest of Whitehorse.

Bringing out the artistic abilities in young people here is one of the recreation activities that give kids healthy things to do with their free time and also gives them pride in being creative and accomplishing something.

This artistic alcohol and drug worker is new to the job and has been working over the winter on setting up a youth and elders' program where traditional skills and culture are shared. Ed is trying to get a youth and elder camp going, so that wilderness survival skills can be passed on.

Ed has also been visiting the school weekly to teach the kids about the effects of alcohol and drugs.

For further information:

Ed Graham
Kluane Tribal Brotherhood Alcohol
Education Program
Kluane Tribal Brotherhood
Burwash, Yukon
Y0B 3H0
403-841-4274

UPPER LIARD ALCOHOL PROGRAM

The formerly isolated community of Liard opened up not long ago, with the Liard Highway coming through, and going all the way to Alaska. Here, near the borders of B.C., Yukon, and N.W.T., about 350 band members live, many finding work with oil and gas exploration.

George Jackson coordinates the alcohol and drug prevention program here. This is involved in counselling for band members having problems because of liquor or drugs; also those in the community who have had problems in the past get ongoing help and support.

The whole community is behind a new youth development program, which is setting up recreation and educational activities for the young people - things they can enjoy together without alcohol and drugs.

For further information:

George Jackson
Upper Liard Alcohol Program
Liard Indian Band
General Delivery
Watson Lake, Yukon
Y0A 1C0
403-536-2210

TESLIN INDIAN BAND ALCOHOL PROGRAM

Across from the Three Aces Mountains, on mile 804 of the Alaska Highway, the Tlingit community of Teslin sits on the shore of beautiful Teslin Lake. About 350 native people live here, close to the B.C. border about 100 miles southeast of Whitehorse, mainly hunting for their food; some working on highway maintenance and wood cutting.

Native culture and traditions have been retained in Teslin, and the people are conscious of not letting them slip away. As the alcohol and drug counsellor for Teslin, Norma Gettes helps organize the four-week spiritual and cultural camp where band families get together for spiritual sweats, ceremonies and discussions every summer.

Norma says she does a lot of counselling -- either visiting band members at home or going for a private walk when someone drops by the centre. Recreation is a big part of the program as well. Norma coaches the young people's cross-country skiing teams. When the young people do their best at these activities they feel good about themselves, she says. Norma also works with other resource people at Teslin, trying to give guidance to the teenagers.

For further information:

Norma Gettes
Teslin Indian Band Alcohol Program
Teslin, Yukon
Y0A 1B0
403-390-2628

For further information:

Alfred Johnny
Selkirk Indian Band Alcohol Program
Pelly Crossing, Yukon
Y0B 1P0
403-537-3331

**SELKIRK INDIAN BAND
ALCOHOL PROGRAM**

Organizing outdoor activities for the small Selkirk Indian Band of 200 makes a lot of sense to Alfred Johnny. His band lives at beautiful Pelly Crossing, surrounded by mountains about 175 miles north of Whitehorse.

As the drug and alcohol worker for the four-year-old program here, Alfred also organizes healthy indoor activities like bingo nights.

When special holidays arrive, Alfred and Emma Johnny try to make sure there is a sober celebration for band members who don't want to drink. Having "dry" socials throughout the year gives everyone a chance to have fun together without the temptation of alcohol.

Visiting band members to talk over alcohol and drug problems is also part of the job for Alfred and Emma, who still find time to conduct educational workshops about the effects of drugs and alcohol.

**CARCROSS ANTI-ALCOHOL
ABUSE PROGRAM**

A small bridge crosses the water at the point where Narrows Lake meets Bennett Lake, 48 miles south of Whitehorse. On one side is the village of Carcross and on the other, the Carcross Indian Band settlement.

Frank Smith says the band's young people are the main concern of the new alcohol and drug prevention program for this small community of 150 people.

Frank and the Yukon Territorial Government alcohol and drug worker, Anita Johns, are setting up a program for the kids to give them activities that are constructive and fun alternatives to drugs and alcohol. Plans include school dances, getting outdoor activities going like skiing, snowshoeing and skating; and setting up a youth recreation centre with ping-pong, pool, card games, board games, darts, bingo and more.

Frank says an elders committee of 10 is closely involved with the new program, helping him decide what should be done and how to plan for the future.

For further information:

Frank Smith
Carcross Anti Alcohol Abuse Program
Carcross Indian Band
General Delivery
Carcross, Yukon
403-821-4251

**MAYO INDIAN BAND ALCOHOL AND
DRUG EDUCATION PROGRAM**

On hot summer days in Mayo, Yukon temperatures can soar as high as 90 degrees, and the coldest days of winter have been known to fall as low as 80 below. The Mayo band of about 250 people live in this mining town in the valley of the Stewart River, 250 miles north of Yellowknife.

Bob Roach, the drug and alcohol worker here spends a lot of his time working with young people in the community, introducing them to healthy activities they can enjoy instead of falling into patterns of drinking and using drugs. A wilderness program takes the kids out into the bush, where they learn survival skills; in the wilderness setting they learn about their Indian culture as well as discussing youth problems.

Bob visits the native-directed group home for kids from 1-14 who have been orphaned, or taken from their parents. A lot of children are here because their parents are strongly affected by alcohol. Bob explains to the children why people drink, what the effects are, and talks over personal problems.

The whole community can learn more about alcohol and drugs at films and education events Bob organizes at the public library, community hall and band office. He also makes arrangements for a stay at a treatment centre for anyone needing special help to quit drinking or using drugs.

For further information:

Bob Roach
Mayo Indian Band Alcohol and Drug
Education Program
Mayo Indian Band
Box 214
Mayo, Yukon
Y0B 1M0

**LITTLE SALMON - CARMACKS
INDIAN BAND ALCOHOL PROJECT**

Evelyn Skookum is determined. The young people of Little Salmon - Carmacks Band will return to their culture and the pride and character they get from knowing their history and who they are.

As the alcohol and drug worker for this community of 300 about 110 miles north of Whitehorse, Evelyn has started to work toward this goal. She's getting the young people to go out fishing and trapping with the older people, and setting up enjoyable things for them to do together.

A new community hall is almost completed and should fill the need for healthy activities that all band members can enjoy during their free time.

One of the goals this year is to set up an education program in the school through which the kids can learn from an early age about the dangers of alcohol and drugs; and what other choices they have.

For further information:

Evelyn Smith
Little Salmon - Carmacks Indian Band
Alcohol Project
Little Salmon - Carmacks Indian Band
General Delivery
Carmacks, Yukon
K0B 1C0
403-863-5576

**KWANLIN DUN ALCOHOL
ABUSE PROGRAM**

In the heart of the Yukon is the city of Whitehorse. And here about 600 members of the Kwanlin Dun Band live in the Indian village.

Lena Johns and Lois Rudd spent most of the spring setting up a new program at the community centre to prevent alcohol and drug abuse among band members. Friday evenings the A.A. group meets here, and during the day these counselors are often out visiting in the community to talk over alcohol and drug problems with band members.

Lena says the women drop by to sew and do handicrafts, and the office is open to anyone wishing to discuss their own, a friend's, or a relative's drinking or drug problems.

For further information:

Lena Johns
Kwanlin Dun Alcohol Abuse Program
118 Galgna Road
Whitehorse, Yukon
403-668-2500

**PORCUPINE ALCOHOL PREVENTION
AND EDUCATION CENTRE**

Just above the Arctic Circle, Old Crow, the most northern Indian Band still follows traditional ways of living - with families doing their trapping across the Crow flats about 500 miles northwest of Whitehorse.

The 240 members of the community must fly in and out of Old Crow or take a boat along the Porcupine River when the ice has gone. Here Stanley Njootli runs the alcohol prevention and education program which has recently set up a drop-in centre so that community members can drop by to socialize in an alcohol-free environment or to discuss any problems they may be experiencing because of alcohol or drug use.

Stanley says counselling is the main part of the program here. He visits the courts, making contact with individuals

who are there because of alcohol or drug related offences. He also sees community members in their homes for private counselling sessions.

Stanley's main goal this year is to get a regular program in the schools so that young people can start learning about the harmful effects of drugs and alcohol before they develop habits for them.

For further information:

Stanley Njootli
Porcupine Alcohol Prevention and
Education Centre
Old Crow Indian Band
General Delivery
Old Crow, Yukon
Y0B 1N0 403-966-3261

**DAWSON INDIAN BAND
ALCOHOL PROGRAM**

Dawson City is a community of about 550 people which swells to more than 1000 in the summer months with tourists flocking to the wild old western town of the gold rush.

The Dawson Indian Band has set up an alcohol and drug prevention program for its 200 band members here. Counselling families and individuals with drinking problems, and organizing community education workshops on the effects of drugs and alcohol are the main activities of this program. There is also the organizing of alcohol-free and drug-free recreational and social activities for band members.

For further information:

Dawson City Band Alcohol Program
B0x 597
Dawson City, Yukon
Y0B 1G0
403-993-5387

**CHAMPAGNE/AISHIHIK BAND
AWARENESS AND PREVENTION
PROGRAM**

Bordering the world-famous Kluhane National Park, 100 miles west of Whitehorse, about 250 members of the Champagne/Aishihik band live in the town of Haines Junction and in small surrounding communities. Rugged snow-capped mountains border them to the north and rolling hills run to the south.

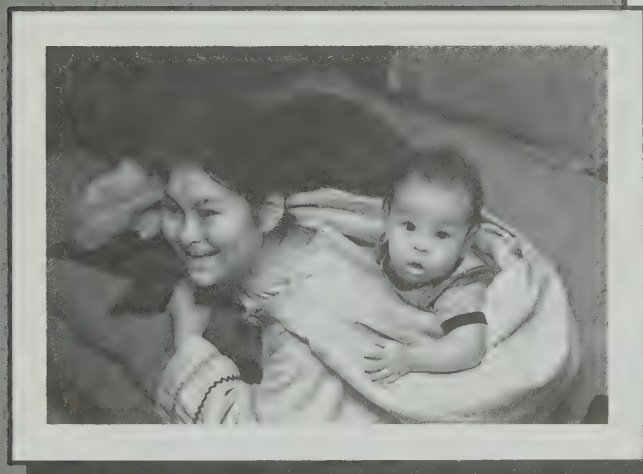
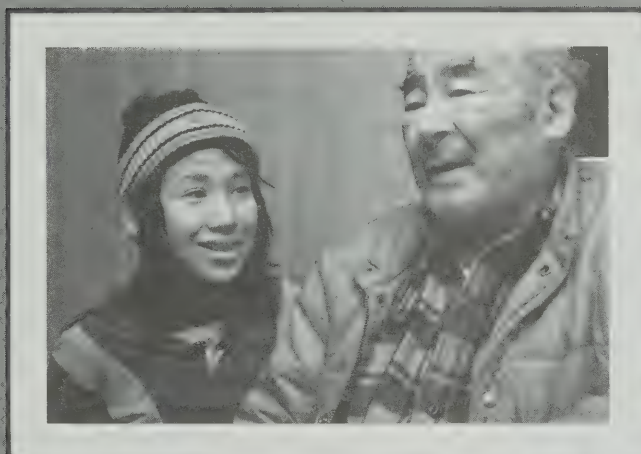
Young people have been a focal point of the alcohol and drug awareness program here under the direction of Mary Jane Smith. She has been working with other community leaders on a youth development program in which sports and recreation activities are set up to give the young people healthy things to do with their free time. Life-skills workshops have been developed with the goal of building their self-confidence and pride. And educational workshops have been another important part of this program to ensure the young people are aware of the dangers involved in drinking and taking drugs.

Mary Jane works at making the whole community more aware of the effects of alcohol and drugs -- showing films and leading discussion groups. Counselling is another ongoing part of the program here.

For further information:

Mary Jane Smith
Champagne/Aishihik Band Awareness
and Prevention Program
Box 5309
Haines Junction, Yukon
403-634-2288

Northwest Territories Region



POND INLET ALCOHOL PROGRAM

Pond Inlet is one of the most northern communities in the Arctic Circle. Situated on the northern tip of Baffin Island, about 800 people live here, most of them hunting and trapping for a living in this beautiful hamlet, rich in game.

José Arreak and John Takawgak run the four-year-old drug and alcohol program for this hamlet where alcohol is rationed. José explains that the rationing system, which the community chose for itself through a vote, does not set a limit on the amount of alcohol each individual can buy, but if someone in the community is having problems with alcohol, then the volunteer alcohol committee limits their purchases. He says this system has worked well.

José and John are doing a lot to make children and adults in the hamlet understand all the effects of alcohol and drug use. Every Friday they drop by the school to show films and talk to the students. They also use the local radio station to air programs about alcohol and drug abuse.

Over the last couple of years they have built good working relationships with people at the other agencies that deal with native people when health or legal problems related to alcohol and drug use arise. They are working on a new project to help young offenders become more aware of themselves by learning lifeskills out in the wilderness.

For further information:

José Arreak
Pond Inlet Alcohol Program
Pond Inlet, N.W.T. X0A 0S0

AKLAVIK ALCOHOL ACTION COMMITTEE

Above the Arctic Circle, not far from where the mighty MacKenzie River meets the Beaufort Sea, about 800 stubborn people make their home in Aklavik. As George Edwards tells it, about 30 years ago Aklavik residents were told they were sitting on a huge chunk of permafrost that might someday sink. At that time, quite a few people left Aklavik for more solid ground in Inuvik, 40 air miles to the east. But not George or his neighbours.

George, Emma Edwards and Neil Heron have been running an alcohol and drug prevention program for close to five years now. Many of their neighbours now come by their drop-in centre to discuss their own, a friend's or relative's drinking or drug problems. The centre is also a place to just visit, have a coffee, watch T.V. or have a game of pool. Community members are welcome to pass leisure time here in an alcohol-free environment.

George, Emma and Neil also visit people in their homes when that is preferred. And anyone wanting to go for treatment in Inuvik, Yellowknife, or Edmonton decides where they would like to go and the counsellors make the necessary arrangements.

For further information:

George Edwards
Aklavik Alcohol Action Committee
Box 89
Aklavik, N.W.T.
K1A 2R3
403-978-2568

For further information:

John Frith
Knut Lang Rehabilitation
Aklavik Alcohol Action Committee
Box 89
Aklavik, N.W.T.
K1A 2R3
403-978-2568

**KNUTE LANG JUVENILE
REHABILITATION**

Above the Arctic Circle, over the land where the famed mad trapper Albert Johnson and his dogsled eluded his Mountie pursuers for so long, there is a remote bush camp, 30 miles up the Rat River from Aklavik. Here you will find another trapper. This one is not mad though. He is John Frith, the man that runs a bush camp/treatment centre for juveniles who have found themselves in trouble because of drug use or drinking.

At Knute Lang, John teaches them to trap muskrat and hunt, as well as other basics of survival in the northern wilderness. As a trained counsellor, John talks with them about their problems with alcohol and drug use.

Young people from Aklavik stay at the camp for as long as it takes them to regain some pride in themselves and their true native ways - to help them deal with everyday problems in healthier ways.

AKUIQTIT

The Inuit of Baker Lake are proud of the carvings and prints their artists produce at this isolated hamlet 150 miles inland from the northwestern coast of Hudson Bay.

More than 1000 people live in Baker Lake, mainly hunting, and fishing to survive. They have had an alcohol and drug abuse program for about three years now, and it has its own unique services.

Susan Amarook, now 20, was the only teenager to work as a trained counsellor in any of the many native alcohol and drug prevention programs across the country. Her counselling with young people here has worked well since she understands so well their feelings and problems.

Susan also translates the English language information booklets and pamphlets on alcohol and drugs into Inuktitut - providing valuable material for everyone's benefit.

Vera Pudnak and Susan Toolooktook are also counsellors with the program that operates out of the Old Anglican Church building. Here they hold a drop-in three times a week for adults and young people. They also visit the school to discuss alcohol and drug effects with the children. Over the winter, Vera and Susan worked to set up A.A., Alanon and Alateen groups for Baker Lake.

For further information:

Vera Pudnak
Baker Lake Alcohol Education
Committee
Baker Lake, N.W.T.
X0C 0A0 819-793-2801

**TREE OF PEACE FRIENDSHIP
CENTRE ALCOHOL PROGRAM**

In Yellowknife, the big city of the Territories, the Tree of Peace Friendship Centre has become a focal point for the native community living here and for many transient people who pass through.

Over five years a wide-ranging alcohol and drug prevention program has developed out of the Centre. Ann McKay, Muriel Betsina and Mary Robbiard provide a variety of services to the Dene of Yellowknife and nearby Detah.

Counselling is an important activity that brings the workers to the Yellowknife Correction Centre, where they talk to inmates; to the hospital; and into the homes of people trying to stay sober or

having alcohol and drug-related troubles. Some people drop by the Centre themselves when they feel like talking to one of the counsellors.

Cultural events are high on the list of important activities to organize, along with many other alcohol and drug-free events, including film nights, chess tournaments, youth nights, arts and crafts groups, tea dances and sports events. Ann, Muriel and Mary work with the band council on these special activities.

They also work hand in hand with Northern Addiction Services, a detox and 28-day rehabilitation centre in the city.

To aid them in their work and for everyone's use, these women are building a library of information about alcohol and drugs.

For further information:

Ann McKay
Tree of Peace Alcohol Program
P.O. Box 2667
Yellowknife, N.W.T.
X0E 1H0

**FORT RESOLUTION ALCOHOL
DRUG COMMITTEE**

On Sunday nights in Fort Resolution, as many as 20 to 30 people might be gathered for the weekly crib tournament in a trailer behind the church.

Nolene Chapman and Trudy King are the alcohol and drug prevention workers for the 550 Fort Resolution Dene Band members who live here, mid-way along the south shore of Great Slave Lake. They organize the crib games in the trailer that serves as their office and as a drop-in centre afternoons and evenings.

Nolene and Trudy visit the Grade One to Nine classes at the school, showing films and discussing alcohol and drug effects with the children.

Counselling is another part of their program - visiting people at home to discuss difficulties due to alcohol and drug use; and talking things over when individuals drop by the office.

Nolene says many people here hunt and trap, while others work at the open pit mine at Pine Point, 12 miles away.

For further information:

Nolene Chapman
Fort Resolution Alcohol Drug
Committee
Fort Resolution, N.W.T.
X0E 0K0
403-394-4556

**FORT NORMAN CHILD
DEVELOPMENT CENTRE**

Newcomers to the Day Care Centre at Fort Norman are usually surprised by the outgoing behaviour of the little ones here, between two and five years old, who will come right up and start talking to them. These children are not as shy as you might first expect because they have been learning to stand on their own feet.

Sister Celeste coordinates the pre-school program in this isolated community of 400, about 50 miles south of Norman Wells, where the MacKenzie and Great Bear Rivers meet.

The Fort Norman Band wants its children to be able to solve their own problems when they get older. Everyone is hoping that this special program aimed at building self-awareness, will help them learn at an early age that they do not fall into the drinking patterns they might see around them; that troubles can be dealt with in other ways.

Sister Celeste says there are 14 children here at the pre-school where they are also learning their Slave language and traditional culture.

For further information:

Sister Celeste
Fort Norman Child Development Centre
Fort Norman Band
Fort Norman, N.W.T.
X0E 0K0
403-588-3401

KATIMAVIK CENTRE INC.

On Victoria Island in the Arctic Ocean there is a shelter, not for the protection from the bitter cold of an Arctic winter, but for safety from violence in the home caused by alcohol.

At Katimavik Centre, in Cambridge Bay on the southern shore of the island, anyone from the community of 900 is welcome to stay temporarily when a drinker is disrupting a home.

Joanne Thomas, Director of the Centre, says the shelter evolved from an alcohol and drug information program which now offers many services. This year they were able to expand services even further, thanks to help from trainees Linda Novoligak, David Evalik, Irene Kaotolok and George Hakongak.

Helen Novoligak and Edward Amagonalok are full-time counsellors at the shelter. They also offer support to families and individuals when they leave Katimavik and return home to stressful situations.

Alcohol information for the whole community is an important goal of the program. Workers teach in the school every week, trying to help the children deal with problems, like pressure from friends to drink or use drugs and solvents. They also give them basic information about how alcohol and drug use can affect their bodies and minds and breakdown family relationships. Joanne says discussing attitudes people have about drinking helps the children understand why people drink in the first place.

Cambridge Bay is a town where many follow a traditional native lifestyle, and others do government work, which is centered here for the Central Arctic Region.

For further information:

Joanne Thomas
Katimavik Centre Inc.
P.O. Box 81
Cambridge Bay, N.W.T.
X0E 0C0

**COPPERMINE DRUG AND
ALCOHOL COMMITTEE**

From earliest times the Inuit have come to fish at this place on the Coronation Gulf that looks north over the Arctic Ocean. Now there is a hamlet of about 800 people, many of whom still fish for a living, while others find work with northern oil and gas exploration.

Here, Helen Adamachie and her co-worker are responsible for building a new alcohol and drug abuse program for the community. Evening "sober" activities have become popular among the young and older people, so both counsellors plan to continue organizing them.

Making home visits and talking over problems and possible solutions with those who drop by their office keeps the counsellors busy. And while providing the services they already know people need and want, these alcohol and drug workers are figuring out how to build and improve the program by talking to the people who live in Coppermine.

For further information:

Helen Adamachie
Coppermine Drug and Alcohol
Committee
Hamlet Council of Coppermine
Coppermine, N.W.T.
403-982-4471

KUTSEL K'E DENE BAND

A plane flies into Snowdrift twice a week. And that's the only way in and out for the 300 Kutsel K'e Dene Band in this community on the northeast tip of Great Slave Lake. Most people here hunt and trap for a living, bringing their furs to the local coop for sale.

Peter Abel and Ray Griffith spend most of their time working with the young people of Snowdrift, trying to show them the harm they can do to themselves by drinking, taking solvents and using other drugs.

Hand in hand with bringing this awareness to the young people, the counsellors show them that there are lots of things to do with their time that are fun, healthy and can give them a sense of accomplishment and pride.

For further information:

Peter Abel
Kutsel K'e Dene Band
Snowdrift, N.W.T.
403-370-3551

YAHTI KOE ALCOHOL COMMITTEE

Fort Providence sits where the MacKenzie River feeds into the Great Slave Lake. About 450 Slave Indians trap and hunt in this forested swampy area 120 miles north of Hay River.

Ruth Lafferty and Rose Landrey have been setting up a drug and alcohol program for the community over this last year. They cover the surrounding communities of Willow Lake, Tathlina Lake and Kaskisa Lake as well, doing a lot of counselling with community members who need a hand in sorting out their own or a family member's drinking or drug problems.

The counsellors believe that keeping people of all ages better informed about the many hazards of drinking and drug use can help them make more responsible decisions for themselves. With this in mind, Ruth and Rose have visited the school, talked privately to people, shown films and given community presentations. They have even translated English printed information about alcohol and drug effects into Slave so that everyone can benefit from the material.

For further information:

Ruth Lafferty
Yahti Koe Alcohol Committee
General Delivery
Fort Providence, N.W.T.
XOE 0L0
403-699-3411

**VALE ISLAND ALCOHOL
FIELDWORKER PROGRAM**

Hay River, on the south shore of Great Slave Lake is an active town year round, but March is even busier than usual. That is when the population of about 4000 is geared up for winter carnival. People come from miles around to take part in festivities and cheer on their favourite dogsled team or snowmobile racer.

Beatrice Morin and Florence Cayen are the alcohol and drug counsellors for the new program here and have worked hard over the winter, organizing group activi-

ties, making contact with staff members of local agencies that serve the native population, and visiting community members who are dealing with alcohol or drug problems.

Through the Friendship Centre here they have helped organize yoga and sewing classes for women, as well as native language classes for the whole community.

Hay River is broken into five sections. There is the old town of Vale Island where the Friendship Centre is based; the channel which is basically a fishing village; the new town of Hay River; and the Indian village across the river from town which is the only Indian reserve in the N.W.T.

The band council lets Beatrice and Florence use the reserve community hall to show films and give presentations about alcohol and drug abuse. And the counsellors make school visits to bring this information to the community's young people.

For further information:

Beatrice Morin
Vale Island Alcohol Fieldworker Program
Vale Island Friendship Centre
Box 396
Hay River, N.W.T.
403-874-6581

**ROARING RAPIDS FRIENDSHIP
CENTRE DRUG AND ALCOHOL
ABUSE PROGRAM**

If you're flying into the "garden city" of the N.W.T., Fort Smith, keep your eyes open for whooping cranes. And if you're driving through, watch out for the buffalo. Here, beside the Slave River in the N.W.T./Alberta border, the cranes nest and the buffalo roam at Wood Buffalo Park.

Fort Smith also stands out as the only college town in the N.W.T., with its Thebacha College. Close by the spectacular Rapids of the Drowned, Leslie Malloch, Carol Chalifoux and Karen Benwell operate a busy alcohol and drug prevention program out of the Friendship Centre.

They've got a teen club going and an education program at the school. Film and lecture nights are held at the centre, as are the twice-weekly A.A. meetings. Home visits and counselling are part of the program which also includes visiting inmates at the Women's Correctional Centre, holding female offenders from all across the N.W.T.

For further information:

Carol Chalifoux
Roaring Rapids Friendship Centre
Box 923
Fort Smith, N.W.T.
403-872-3004

**FORT GOOD HOPE
DROP-IN CENTRE**

Just 20 miles below the Arctic Circle, the isolated Hare Indian community of Fort Good Hope has settled where Jackfish Creek runs into the MacKenzie River.

Henry Toback, the alcohol and drug worker here says some days in January and February can be as cold as 60 below Fahrenheit in this land of valleys and gorges, where many of the 500 community members fish, hunt and trap for a living.

Henry spends a lot of time with young people in the community, when they come by the drop-in centre to talk, play board games, or watch T.V.; and when he visits the school to teach them about alcohol and drug effects.

Henry also works with Fort Good Hope's adults who are experiencing problems with alcohol and drugs. People drop into the centre in the afternoons and evenings and Henry also makes home visits.

For further information:

Henry Toback
Fort Good Hope Drop-in Centre
Fort Good Dene Band
Fort Good Hope, N.W.T.
403-598-2231

FORT SIMPSON AREA COUNSELLING

On an island in the MacKenzie River about 250 miles northwest of Hay River, Cathy Nehanni and John McArady run an alcohol and drug program for the 1200 native people living in Fort Simpson and the surrounding area.

With the MacKenzie pipeline closeby, construction work and government jobs, most people have been able to find work here.

Cathy says lots of people drop by the Deh Cho Society Friendship Centre that she and John work out of, to have a coffee, talk, play pool, or have a game of crib. Movies about native culture and about alcohol and drug abuse are shown at the Centre every week. And the A.A. group meets here regularly as well.

Counselling people in their homes and visiting children at the school are also part of the Fort Simpson program.

For further information:

Cathy Nehanni
Fort Simpson Area Counselling Services
Deh Cho Society Friendship Centre
P.O. Box 470
Fort Simpson, N.W.T.
X0E 0N0
403-695-2577

IKAYOKTIT ALCOHOL AND DRUG COMMITTEE

Eskimo Point stretches over flat tundra along the coast of Hudson Bay about 170 miles north of Churchill, Manitoba. The Inuit community of about 1100 must fly in and out of Eskimo Point or take a boat in summer.

Art and culture are important to people here. There are many local artists and the Inuit Culture Institute is set up to preserve the Inuit traditions and culture.

People here are getting to know the voices of Larry Usak, Elizabeth Suluk and Madelaine Anderson. Over the air waves of local radio once a week these drug and alcohol counsellors talk about different problems caused by abuse, and have discussions with phone-in callers.

Letting people know that the new alcohol program exists has been one of their first goals; and finding out what the community wants from the program at the same time. The three counsellors have also made contact with the representatives of local social services agencies that work with native people having problems because of alcohol and drugs.

For further information:

Elizabeth Suluk
Ikayoktit Alcohol and Drug Committee
Eskimo Point, N.W.T.
819-857-2982

